

## Preface

You are viewing the tenth Annual Report from the Anti-Doping Authority of the Netherlands. This is the fifth Annual Report to be published exclusively in digital form.

The revised World Anti-Doping Code came into effect in 2015, and had all sorts of consequences for the work of the Doping Authority. New, stricter standards now apply to many of our activities, and in particular to our prevention programmes and our doping control programmes. The new Code-compliant rules and procedures came into force on 1 January 2015 at all Dutch elite sports associations, and all the doping controls we conducted in 2015, as well as the subsequent procedures, were based on those new regulations. The stricter penalty regime led to a number of four-year suspensions.

The "Racing for clean sport" project was completed in 2015. It was conducted in close collaboration with the NOC\*NSF and the Royal Dutch Cycling Union and with financial support from the Ministry of Health, Welfare and Sport, and it included a range of activities (prevention and control) targeting a range of people and organisations involved in cycling. The project was also intended as a pioneering project that other sports associations could draw on to make improvements in their anti-doping policies. A follow-up project began in 2015: "Together for clean sport". It involves collaboration with NOC\*NSF, the Dutch Athletics Union, the Royal Dutch Football Association, the Royal Dutch Billiards Federation and Fit!Vak.

Given the ongoing intensive contacts with the press throughout 2015, it would seem fair to conclude that the high profile of the Doping Authority is a fact of life that does not depend on the seriousness or extent of current doping cases. It is not possible to respond to all requests for information and comments, and so a selective approach is unavoidable. Nevertheless, the aim is to provide the fastest and most complete possible service for the principal media (national newspapers, radio and television). The numerous contacts with the media resulted in an extremely large number of publications and broadcasts that included the Doping Authority's views and the information we provided.

The one-off additional project subsidy of € 200,000 that we received for 2013 was transformed with effect from 2014 into a structural component of our institutional subsidy. That made it possible to give permanent contracts to some of the employees who had been working on structural tasks on the basis of temporary contracts. Partly thanks to this additional funding, we are now better able to bring more (and complex) cases to a successful conclusion, even though the increasing complexity of our work (in both the legal and scientific senses) presents us with many challenges.

On the basis of agreements made in the distant past, the urine controls conducted by the Doping Authority are not financed using subsidies from the Ministry of Health, Welfare and Sport but from lottery funding. In 2013, a new four-year lottery spending plan came into effect that included an increase in the contribution for the Doping Authority. However, that contribution was cut again by 5% in

2014. On the basis of the available financial resources, the target for 2014 was cut to 1,710 doping controls, and the same target was adopted for 2015. Incidentally, there will be another cut in 2016 (of 3.5%).

For several reasons, achieving the target of 1,710 controls became more difficult during the course of 2015. The unexpected death of our colleague Jan Kroes was not the least of those reasons. Jan Kroes was one of our most experienced colleagues, both as a doping control official (DCO) and as a member of the office staff in the Enforcement & Investigation department. His sudden loss was a hard blow for his colleagues, both emotionally and practically. The fact that our clients noticed little or nothing of the impact of his loss is entirely due to the enormous commitment of his colleagues, who did their utmost to bring the year to a satisfactory conclusion. In the end, 1,737 doping controls were carried out under the National Programme.

At the end of 2015, the Minister of Health, Welfare and Sport submitted the Dutch Anti-Doping Policy Implementation Bill (Wuab) to the Council of State for their assessment. The bill, which (at the time of writing) is expected to go into effect in 2017, will undoubtedly have a major impact on the work of the Doping Authority. The Minister of Health, Welfare and Sport reported to the Dutch Lower House that this legislation will lead to the establishment of the Doping Authority as an independent governing body (zbo), and that the current duties of the present Doping Authority will be housed with that body.

The transfer of the duties, personnel and resources of the current authority to the body will require thorough preparation since the requirements for a body of this kind (as a semi-government body) differ from those that apply to the present foundation. A review was conducted in 2015 of all issues (formal, procedural, labour-law and practical) that need to be examined and regulated, but the actual establishment of the body had to be delayed because it was not yet possible to submit the bill to parliament in late 2015.

Despite the ongoing struggle to balance the responsibilities of the organisation and the available resources, we believe that, once again in 2015, we made an important contribution to the fight against doping in sport. We hope you will agree with us after reading this Annual Report 2015.

## Chapter 1 Prevention

### GENERAL

The overall goal of the Prevention department is: *the prevention of inadvertent and deliberate doping infringements in Dutch sport.*

Sports organised outside a club context (in other words, the fitness sector) have no doping regulations and therefore no doping infringements. The goals are therefore formulated from the perspective of public health and they are as follows: *the prevention of deliberate and inadvertent doping, or the prevention of harm to health or additional harm caused by doping (harm reduction).*

The main target groups are:

- elite athletes (including elite athletes of the future);
- athletes and fitness professionals in sports organised outside a club context (fitness);
- support staff (in particular trainers/coaches, sports doctors and GPs, physiotherapists, dieticians, masseurs and parents);
- sports associations;
- the general public.

Information activities in the context of sports organised in a club context cover the doping regulations and the risks of doping. In addition, healthy and legitimate alternatives to improve performance are discussed, and efforts are made to foster or reinforce an anti-doping attitude among athletes.

Since 2015, information for elite athletes in particular has been structured using the Ongoing Educational Module for Doping-Free Sport (DLDS). The DLDS describes the knowledge, skills and attitude needed for doping-free sports for all ages and development phases. In line with these phases, three different types of information have been developed for athletes: Bronze, Silver and Gold.

Bronze ( $\pm 15$  years) is an introduction to the topic of doping. The topics covered here are the doping regulations, doping controls and the risks of inadvertent doping.

Silver ( $\pm 17$  years) focuses more on practising skills. It is assumed that the information from bronze is known, and the focus is more on practical matters. There is, for example, an opportunity to practice using the Doping Information App.

Gold has been designed specifically for elite athletes with a whereabouts-obligation. This category discusses the whereabouts regulations in detail but also looks at awkward doping dilemmas that athletes encounter, such as doping infringements by other members of a team, or using medicines to perform better.

Meetings for support staff cover the same issues as those discussed with athletes, but also focus on the rights and, above all, the obligations of support staff, as well as factors that exacerbate or mitigate the risk of doping.

The target groups in sports organised outside a club context consist primarily of fitness athletes and fitness professionals. A website, articles and books have been produced for the fitness athletes. In addition to the website and books, the main information activity for the *fitness professionals* target group consists of guest talks at the various fitness centres. These talks look at the different types of doping, the risks of use, the way the substances work and the side-effects, fact and fiction relating to supplements, doping prevention and the Own Strength programme. There is also a focus on *harm reduction*: reducing the health risks associated with use.

The corporate website ([www.dopingautoriteit.nl](http://www.dopingautoriteit.nl)) and the websites [www.dopefree.nl](http://www.dopefree.nl) and [www.eigenkracht.nl](http://www.eigenkracht.nl) are important ways of communicating with the various target groups. Anyone with doping-related questions can send an e-mail to the Doping E-mail Line. Answers are sent within one working day.

## **ELITE SPORTS**

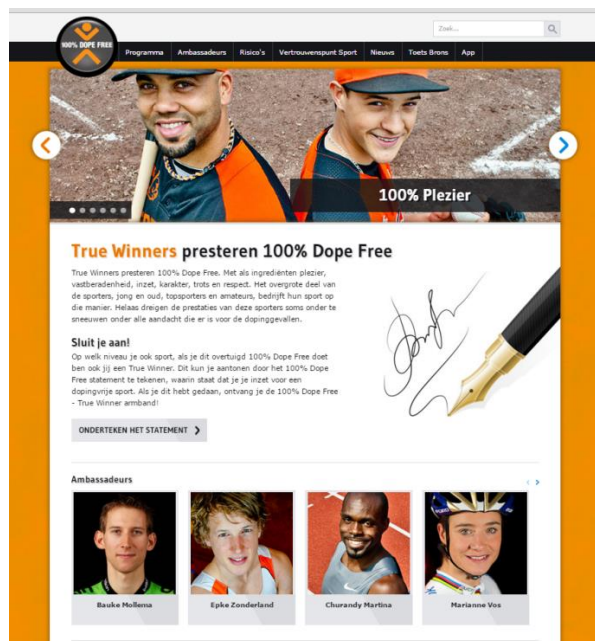
In addition to the 100% Dope Free programme, a lot of effort went into the *Racing for clean sport* action plan in 2015. The plan was initiated in response to the recommendations of the *Anti-Doping Approach Commission*. The principal mission was as follows: to strengthen the anti-doping culture in cycling. The plan was implemented in collaboration with the KNWU and NOC\*NSF and subsidised by the Ministry of Health, Welfare and Sport. It ran from early 2014 to the autumn of 2015.

### **100% Dope Free**

All information activities focusing on Dutch elite sport have now been transferred to the 100% Dope Free programme, which is based on, among other things, periodical surveys of Dutch elite athletes. Those surveys show that the vast majority of elite athletes are opposed to doping. In addition to providing information, this programme focuses on reinforcing and changing attitudes and behaviour.

### **[www.dopefree.nl](http://www.dopefree.nl)**

This website underwent a drastic overhaul in 2015. To make the site easier to find, the name was changed from [www.100procentdopefree.nl](http://www.100procentdopefree.nl) to [www.dopefree.nl](http://www.dopefree.nl). In addition, the entire site was redesigned and made responsive. The site plays a central role: everything can be found here. Seventeen news reports were published in 2015. The reports are sent immediately to all subscribers (numbering about 14,500).



*New [www.dopefree.nl](http://www.dopefree.nl) website*

### **100% Dope Free - True Winner**

This part of the programme (which began in December 2007) gives elite and competition athletes the opportunity to sign an anti-doping statement and to adopt an active stance in favour of clean sports. Once they have signed the statement, the athletes receive the gold wristband to symbolise the fact that you are only a true winner if you perform without doping. The number of signed statements increased from 29,500 to 30,600 in 2015 (+1,100).

This component was developed and implemented in collaboration with the NOC\*NSF Athletes Committee. The programme's ambassadors already included: Femke Dekker (rowing), Carl Verheijen (speed skating), Richard Bottram (marathon 365 & Wheel of Energy), Epke Zonderland (gymnastics), Mirjam de Koning-Peper (swimming), Thijs van Valkengoed (swimming), Churandy Martina (athletics), Marianne Vos (cycling), Vince Rooi (baseball) and Bauke Mollema (cycling). They were joined by another two ambassadors in 2015, who introduced themselves in a video: [Madelain Meppelink](#) (beach volleyball) and [Jetze Plat](#) (handbiking/triathlon). Our ambassador Jokelyn Tienstra passed away in late 2015.



*Recordings for video with Madelein Meppelink (right)*

### **Information meetings**

The Ongoing Educational Module for Doping-Free Sport was introduced in 2015. Agreements have been made with various associations about which information (bronze, silver or gold) is most appropriate for which groups of athletes. As a result, there was a sharp increase in the number of information meetings in 2015 (+81%) to a total of 65 (2014: 36).

Furthermore, a digital test was developed and used for the bronze information level. The test consists of 10 true/false questions and it is used to test what the athletes have learnt at the end of a bronze information meeting. During the test (on smartphones or tablets), the scores can be followed live on a large screen. The test can also be completed separately on [www.dopefree.nl/toetsbrons](http://www.dopefree.nl/toetsbrons).



## Toets Brons



### Vraag 3

De standaardstraf bij een eerste dopingovertreding is drie maanden schorsing.



#### Goed hoor!

De standaardstraf bij een eerste en bewuste dopingovertreding is een schorsing van vier jaar. Bij een tweede dopingovertreding kan het een levenslange schorsing worden.





**Toets Brons**

### Topscores

1	Laila Spruijt	10/10	0:18.9
2	Sander van Rijnsteen	10/10	0:43.4
3	Erik Duiven	10/10	0:45.5
4	Femke de Klerk	10/10	0:58.3
5	Jeroen de Nijs	9/10	0:41.4
6	Sander Jansen	9/10	0:46.2
7	Riek Pleiter	9/10	0:50.2
8	Robert Cuijpers	9/10	0:50.5
9	Perry van Antwerpen	9/10	0:56.0
10	Marinco van Vliet	9/10	0:59.0

*Screens for bronze test (lower screen is fictitious)*

### Outreach Events

Nine outreach events were organised in 2015 (2014: six). The idea is to deliberately target events/competitions where large groups of athletes (particularly young and talented athletes) and their parents and trainers/coaches are given general information and where they can put questions to the Doping Authority. There is also an opportunity to sign the 100% Dope Free – True Winner statement. By completing the WADA doping quiz, it is possible to win an incentive. Outreach events in 2015 took place at: the ice hockey world championships (2 days), the Jiu Jitsu European championships (2 days), the national youth and junior swimming championships, the national youth athletics championships, the beach volleyball world championships (2 days), the angling world championships, the EYOF team presentation, the national triathlon sprint championships, and the 2016 Paralympic Games participants' meeting.



## Articles

A topical doping issue is discussed in each issue of the NOC\*NSF elite sports magazine *Lopend Vuur*. Eight articles in all were published in 2015.

## Doping Information App

The Doping Information App (iOS and Android) appeared in late 2013. There is a responsive website for other systems: [www.dopingwaaier.nl](http://www.dopingwaaier.nl).

In addition to the content of the paper copy of the Doping Fan Booklet, the app also makes it possible to check all medicines registered in the Netherlands to see whether they contain prohibited substances or not. The app can also be used to view the Dietary Supplements list (NZVT). This all makes access to the information in the app simpler, cheaper and faster.

The Doping Information App became available in late December 2013. The total number of downloads in late 2014 was 8,396, and 13,157 a year later. There were therefore 4,761 downloads in 2015.

The Doping Information App was updated in late 2015. The menu was extended and the search features for the medicines and the NZVT list were improved.

To keep the Doping Information App in the public eye, it is brought to the attention of the numerous target groups with a z card, in digital advertisements and at information meetings.

## Racing for clean sport

The Anti-Doping Approach Commission - better known as the Sorgdrager Commission - published its report in June 2013. In the report, the Commission made a range of anti-doping recommendations for cycling and elite sports in general. At the request of the Ministry of Health, Welfare and Sport, an action plan was developed for 2014-2015 with the aim of strengthening the cultural change that was already in progress. The project partners were the KNWU, NOC\*NSF and the Doping Authority. The name of the project was: *Racing for clean sport (Koersen op een schone sport)*. A large part of the project is specific to cycling but there are also components that relate to other sports. *Racing for clean sport* comprises five components: raising awareness, openness, trainers & support staff, international cycling and doping controls. The activities in each component in 2015 were:

### *Raising awareness*

- The **video** made previously **with Rudi Kemna** (a former professional road cyclist and now team manager at Giant-Alpecin) about a changed doping culture now has English subtitles.
- An **Ongoing Educational Module for Doping-Free Sport (DLDS)** has been developed with the NOC\*NSF. This educational module comprises a programme of eight years covering the transformation from promising talent to elite athlete. A number of themes and concrete objectives were formulated as a basis for ascertaining what can be expected from young talented athletes. The content was subdivided into three information components: bronze, silver and gold. The DLDS was launched in 2015.

- During the course of 2014, we worked on the **100% Dope Free Challenge**, an on-line game for all members of the Royal Dutch Cycling Union: <http://www.koersschoon.nl/challenge>. It describes dilemmas in five short videos, requiring the players to make a decision about each dilemma to pick up points. It was possible to play as an individual or as a cycling club. The aim of the challenge was to get people to think about the decisions made in doping-related matters. The challenge was open in March and April of 2015. During that time, it was possible to follow the rankings on the website. This was also intended to boost participation. In the end, 1,054 of the 22,810 people invited actually participated in the challenge, a response rate of 5%. Two-thirds of the associations (150 in total) participated.
- All the participants were invited to the **Race Clean Experience Day (KSED)** on Saturday, 12 September 2015 at Papendal. The participants (a maximum of 150) were given information on that day about doping prevention and also about the innovative and clean ways available to cyclists to improve performance. The second activity was organised by the World Tour Team Giant-Alpecin and the KNWU. In the end, it was a very successful day for the participants and organization. Click [here](#) for an impression of the day.
- The project ended on 1 October and a joint **final report** was produced.



# Cultuurverandering in de hoogste versnelling

WAT IS ER ALLEMAAL GEDAAN?

## KOERSEN OP EEN SCHONE SPORT

★ Geïmplementeerd in 2014 & 2015

★ 5 pijlers

- Bewustwording
- Openheid
- Trainers & begeleiders
- Wielrennen Internationaal
- Dopingcontroles

★ 3 doelstellingen

- Bewustwording
- Integriteit
- Voorbeeldfunctie

## EXTRA DOPINGCONTROLES

100 testen per seizoen  
100% negatief



## 100% DOPE FREE

▲ 100% Dope Free Challenge

5 dilemma's | vele prijzen | online game  
1100 deelnemers | 150 verenigingen

▲ Voorlichtingen

500 wielrenners | ploegleiders  
| trainers | bestuurders | pers |  
RTC's | districten

▲ Sturdoppen

9000 licentiehouders | 1100  
kaderleden | voorlichtingspakket



▲ Koers Schoon Experience Day

dopingpreventie | gezonde prestatieverbetering |  
Team Giant - Alpecin | 150 deelnemers

## DOPINGCONFERENTIE

Kennisuitwisseling | overdracht  
naar andere bonden



23|05|2015

### Effectiviteit

Meer:

- Controle supplementen en medicijnen
- Kennis van procedures bij controle
- Melding van (vermoedens) van dopinggebruik

16 betrokken sportbonden |  
8 thema's | 3 voorlichtingspakketten

### Doorlopende leerlijn dopingvrije sport



### Vertrouwenspunt sport

Brede bereikbaarheid | ook voor  
dopingvraagstukken

### Anonieme meldlijn

online meldingssysteem | koppeling  
met Vertrouwenspunt Sport

Beleids- Advies Commissie  
Anti-doping Aanpak

begeleid | adviseert

## BIJSCHOLINGSBELEID

opleidingen | bijscholing |  
aandacht anti-doping



### Medische werkgroep

herschrijving richtlijnen | ethische  
vraagstukken

Dit actieplan is een gezamenlijk initiatief van KNWU, Dopingautoriteit & NOC\*NSF en is tot stand gekomen met ondersteuning van VWS

KOESS Fact Sheets Project

### *Doping controls*

As in 2014, extra doping controls were conducted again in 2015 at a slightly lower level and in a slightly younger target group than usual. These doping controls were mainly intended to have a preventive effect. It is important for people to be aware of doping controls earlier.

### **Together for clean sport**

At the National Doping Conference on 23 April 2015, Minister Schipper granted financing amounting to €300,000 for a follow-up to *Racing for clean sport*. Six organisations then drew up an action plan: the Dutch Athletics Union, the KNBB (billiards), the KNVB (football), Fit!Vak, the Doping Authority and the NOC\*NSF (the coordinator). The plan was given the name: *Together for clean sport*. The subsidy application for the action plan was approved in late 2015.

### **Therapeutic Use Exemption Committee (TUE committee)**

There were almost no amendments to the regulations relating to exemptions between 2015 and 2014.

In the end, exemptions were granted in 99 cases. Requests were not granted in eight cases.

	<b>2010</b>	<b>2011</b>	<b>2012</b>	<b>2013</b>	<b>2014</b>	<b>2015</b>
Granted	140	111	82	89	88	99
Not granted	12 (7.9%)	8 (6.7%)	1 (1.2%)	4 (4.3%)	6 (6.4%)	8 (7.5%)

As in recent years, most exemptions in 2015 related to the use of methylphenidate (44). As a percentage, this is 44.4%, which is similar to 2014.

Another type of medication for which exemptions were often granted was prednisone/prednisolone (14.1%) and insulin (13.1%).

As a whole, the applications came from 33 different sports associations.

The Royal Dutch Cycling Union was at the top of the list again (20.2%), followed by the Royal Netherlands Swimming Association (13.1%), and the Athletics Union and the Royal Dutch Football Association (both 6.1%).

## **SPORTS ORGANISED OUTSIDE A CLUB CONTEXT**

### **Own Strength programme**

The main target group in sports organised outside a club context consists of: visitors to fitness centres and their immediate circles. The latter category consists primarily of fitness instructors but also entrepreneurs.

### **[www.eigenkracht.nl](http://www.eigenkracht.nl)**

The Own Strength website plays a central role. Alongside text, videos are being used more and more. In addition, there are four full annual programmes for four different training goals. The site has also been made more user-friendly by classifying postings under headings such as training, diet, supplements, doping, health etc. This makes it easier for visitors to find extensive information about specific topics. The website has now been on air for 15 years and it has become a reliable and rich source of information for many. The site was restyled in 2014 and Own Strength was given a different house style. A new design has also been made for the T-shirts and water bottles.



*Own Strength water bottle*

The site specifically targets athletes/cosmetic athletes in fitness centres. It provides objective, clear and practical information about how to build up muscle mass cleanly and effectively, and about sound ways of losing weight. There is also objective information about various types of listed prohibited substances and the side-effects, and the doping risks of dietary supplements are discussed.

In 2015, a total of 54 factual news reports were posted on the site. They were written by two external experts (journalists or specific experts) from the fitness/body-building branch and by our own prevention officers. One was a [warning](#) about supplements that had been deliberately contaminated with prohibited substances and about which the Dutch Food and Commodities Authority (NVWA) had also issued a warning. The NVWA withdrew these supplements from the market.

### **Videos**

Own Strength has been using videos for some time. Four videos were produced and posted on the website in 2015: three training instruction videos with leading strength coach Hans Kroon and a video with two Clean Hunks (Jurgen Verweijen and Stefan Köhlbrugge).

Work also began on a video about the future of bodybuilding and, above all, the declining role of doping in that sector. The video *Bigger than big: the evolution of bodybuilding?* will appear in March 2016.

### **Fitness courses & meetings**

In 2015, the Own Strength programme included thirteen guest talks at numerous educational institutes and private fitness institutions. The Own Strength water bottle was handed out during those talks to trainee fitness instructors. In addition, there were two presentations for the Haaglanden police sports association and an information meeting in Werkendam for police officers, a municipal youth worker and an addiction officer. One information meeting was arranged in a fitness centre and two in a university sports centre.

### **Clean Hunks**

Clean Hunks are fitness athletes/body builders who have demonstrated, and continue to demonstrate, that you can build up an impressive physique without dope. Three more Clean Hunks joined the campaign in 2015, bringing the total to 17. They are all on the site, which includes background stories and photos. The Clean Hunks are the ambassadors for doping-free fitness.

### **Articles**

Since 1997, Own Strength has had a regular column in the popular bodybuilding magazine *Sport & Fitness Magazine*. Acting under its own editorial responsibility, the Doping Authority again supplied objective information in each issue about prohibited substances and related matters. Since 2014, the approach has been to place several short reports in each issue rather than one large article. This approach was seen in all six issues in 2015.

Since August 2015, Own Strength has been publishing short posts in the monthly bodybuilding & fitness magazine *Muscle & Fitness*. They are also posted on the website [www.eigenkracht.nl](http://www.eigenkracht.nl) after the magazine has been issued.

An article entitled *I'll do it myself by my own strength!* (Ik doe het lekker zelf, op eigen kracht!) was printed in *School Magazine*. The magazine is sent to 600 secondary schools and it has a readership of about 200,000 students. In addition, a special Own Strength poster was hung up at every school that participated.



# EIGEN KRACHT

Ik doe het  
lekker zelf,  
zonder spuiten  
en slikken.



[WWW.EIGENKRACHT.NL](http://WWW.EIGENKRACHT.NL) EIGENLIJK ALLES WAT JE NODIG HEBT

*Own Strength school poster*



## **Advertisements**

Two new banners/advertisements were produced in 2013 portraying two Clean Hunks (a man and a woman), who are also the face of the new website. After the publication of *Doping, the sober facts*, an advertisement was also produced for that book. These three advertisements appeared in 2015 on several occasions in *Sport & Fitness*, *Muscle & Fitness*, and *Fit!vak* magazine.

## **Book: Doping, the sober facts**

*Doping, the sober facts* was published in October 2014. The book was then promoted in advertisements in body-building magazines and the magazines of Arko Sports Media, in an extensive two-page review of the book in the sports issue of *Medical Contact* (July 2015), on a banner at outreach events and at information meetings. The first edition was sold out in 2015 and a second unamended edition has now been published.

## **Supplements App**

Work started on the design of the supplements app in 2015. Fitness athletes, and also other athletes, have more and more questions about the facts and fiction relating to all kinds of nutritional supplements. The app will also supply extensive information about supplements, the risks of supplement use, nutrition and regulations, and, above all, the possibility of checking supplements on the basis of the ingredients. The app will be launched in 2016.

## **SUPPORT STAFF**

In addition to the focus on athletes, there has been an increasing emphasis in recent years on a range of athlete support staff. They can play an important role in a positive sense. Trainers and coaches in particular can play an important role. Sports doctors and paramedics are also important. As well as supplying materials, we also gave guest talks for courses and refresher training.

## **Brochure for Support Staff**

The brochure, entitled *About support: how parents, trainers, coaches and other support staff can contribute to dope-free sports* continues to be distributed widely at information meetings, training and refresher training and at outreach events.

Because the Doping Information App is also an important source of information for support staff, it was also promoted again more in 2015. Several advertisements were posted in the magazines *Sportgericht* and *Sportmassage Internationaal*.

## **Coaches**

There were a number of presentations at a range of coach courses and refresher training events, such as: cycling coach level 3, swimming coach level 4, national angling association coaches, the Master Coach course in Heerenveen, the general trainer/coach 4 course in Amsterdam and Zwolle and the minor in sports coaching at the ALO in Amsterdam.

An incentive was developed for coaches: the *Coach Negative Coaching Folder*. It is handed out to students at training institutions.

### **Medics/paramedics and other support staff**

There were presentations at various courses such as the Sports Physiotherapy course (2x), the sports massage Knowledge Day, two Sports Dietician courses (in Amsterdam and Nijmegen), the KNWU course for team managers and soigneurs, Sports Psychology at the University of Nijmegen, two presentations at refresher courses for general practitioners, a refresher course for paediatricians, a guest talk for medical students at Amsterdam Medical Center, a guest lecture for students of *Chemistry & Crime* at the Rotterdam Hogeschool, a refresher course for medical support staff working for Topsport in The Hague, and a guest lecture for first-year students of Movement Sciences (VU-University of Amsterdam).

## **SPORTS ASSOCIATIONS**

### **National Doping Conference**

The National Doping Conference was organised at Papendal on 23 March in response to an initiative from Minister Schippers. The conference included a review of the results of the campaign *Racing for clean sport* and an appraisal of what more is needed in the quest for a doping-free sports culture that would also include the fitness industry. On the basis of the discussions at the National Doping Conference, an animation was produced by the Ministry of Health, Welfare and Sport, NOC\*NSF, the Doping Authority and the KNWU entitled: [\*A doping-free sports culture in the Netherlands\*](#).

### **Meeting of sports associations**

The annual meeting for the staff of sports associations *Samen tegen doping! (Together against doping!)* was organised for the sixth time. It took place on 22 October 2015 in Nieuwegein and approximately 60 people attended. They were representatives of sports associations (and, specifically, the association medics), RTOs (Regional Elite Sports Organisations) and CTOs (Centres for Elite Sports and Education). There were six presentations. The aim of the annual meeting is to catch up on developments in the field of anti-doping policy. The primary focus is on prevention. The programme included the following speakers and topics: Herman Ram discussed developments in the anti-doping policy and *Accused! What now?*, Erik Duiven provided an update on the elite sports projects, Tineke Idema discussed Intelligence & Investigation, Laila Spruijt talked about the implementation of the Ongoing Educational Module for Doping-Free Sport, and Margo de Vries (KNWU) and Laurens de Ouden (NOC\*NSF) looked respectively at *Racing for clean sport* and *Together for clean sport*. The event was evaluated by means of a digital survey of the participants. The participants found the day to be useful/very useful.



*Impression of meeting of sports associations*

## **GENERAL PUBLIC**

### **[www.dopingautoriteit.nl](http://www.dopingautoriteit.nl)**

We contributed seventeen reports of our own to the site in 2015. In addition, ANP news reports make up an important part of the topical information. They are posted automatically after they appear on the website. Approximately 413 ANP news reports were published on the site in 2015 (2014: 339). In particular, the first WADA report in November about the IAAF and Russia generated a lot of traffic.

In addition to current news about doping, the site provides general information about the prohibited list, about the programmes being conducted by the Doping Authority and about our own organisation. Athletes can turn to a separate service section to apply for therapeutic use exemptions, and there is a section where elite athletes can submit whereabouts information. This section also houses the Dutch dietary supplement database.

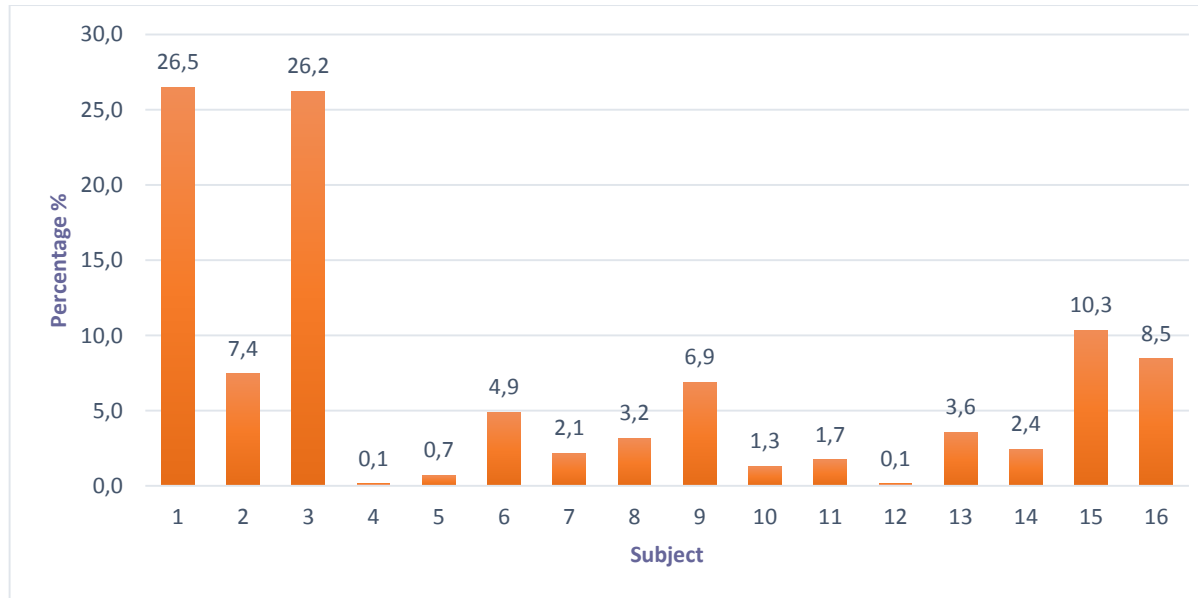
### **Doping E-mail Line**

The Doping E-mail Line is *the* front office for questions about doping and it is manned by four operators working at different times. All questions are processed within one working day and recorded anonymously in a database.

E-mails were registered differently in 2015 than in previous years. For example, in a break with the past, follow-up questions were also counted. A total of 698 e-mails were registered in this way in 2015. Excluding the follow-up questions results in a total of 601, 11% less than in 2014 (676). It is reasonable to assume that this fall can be explained by an increase in the use of the Doping Information App, which is an easy way for athletes and coaches to check medication and obtain answers to questions. The increase in the use of the Doping Information App is also demonstrated by the number of questions asked using the App. This happened about 23 times in 2014, but 71 questions were asked through the App in 2015, more than three times as many.

Furthermore, numbers of questions per subject were also monitored. Individual questions could be allocated to several subjects. The numbers and percentages can be found in the table below. Club sports and elite sports accounted for 64% of the e-mails, fitness for 7%, and other sectors for 29%. There were eight reports of possible doping infringements, a representative of the press sent an e-mail on six occasions, and seven e-mails related to an athlete who was found positive. Two subjects stand out: checking whether a medicine is on the prohibited list, and questions about dietary supplements. Both accounted for about 26% of the questions. Just under 10% of the e-mails were questions from schoolchildren or students.

Subject	
1.	Check on medicines
2.	TUE - Exemption procedure
3.	NVZT - Dietary supplements
4.	Drugs
5.	Contaminated meat
6.	Doping control procedure
7.	Whereabouts
8.	Doping regulations, miscellaneous
9.	Doping: effects and side-effects
10.	Diet, not dietary supplements
11.	Substance analysis
12.	Mental
13.	Request for information / materials
14.	Request for doping controls
15.	Schoolchildren & students
16.	Miscellaneous



### **Press conference**

This annual event was not organised in 2015, mainly because there was still no news about the new Anti-Doping Policy Implementation Bill (Wuab). It will take place in early 2016.

### **Press contacts**

The Doping Authority was approached on more than 450 occasions in 2015 by the media, both for information and comments about current events and for answers to in-depth questions not related to topical issues. The CEO of the Doping Authority acts as spokesman. In his absence, or when specific topics are involved, the Doping Authority's Scientific Policy Officer sometimes take his place.

## **Chapter 2 Doping controls**

### **Controls in practice**

#### **General**

Since 1 January 2015, the Intelligence & Investigations process has been part of the duties of the Enforcement & Investigation Department. Controls and Intelligence & Investigations were merged in order to improve coordination and the exchange of information, and therefore to make operations more effective. There are consultations every two weeks about Cases under Investigation between the head of the department, the doping control officials account manager/team leader and the intelligence officer. These meetings look at matters such as progress and current developments in ongoing investigations. Specific agreements are also made about investigation strategies.

In 2015, work continued on the implementation of the anti-doping policy of the NOC\*NSF, which was drawn up in close partnership with the Doping Authority in 2007.

The emphasis of the doping controls is on the very top levels of Dutch sports. Furthermore, the Doping Authority was able to conduct targeted controls for specific individuals and/or groups, with occasional doping controls at competition levels immediately below the very top. Once again, the number of follow-up investigations and specific, supplementary analyses increased further. Considerable attention was also paid to the whereabouts system. Some elite athletes, if they are members of national or international testing pools, are required to report some of their daily activities to the Doping Authority or the international federation. Our colleague Jan Kroes passed away in 2015, and the Doping Authority also took leave of three other Doping Control Officials (DCOs). This meant that the number of potentially active doping control officials fell to 14 at year-end 2015. Despite the further reduction in DCO capacity, the target for the national doping control programme was achieved.

#### **National testing pool (NTP)**

Pursuant to the elaboration of the 2015 World Anti-Doping Code (WADC) and the associated International Standards, the Doping Authority established a national testing pool (NTP). Athletes in the National Testing Pool are required to comply with a number of obligations. For example, before using any medicines, they must apply for a therapeutic use exemption from the TUE committee. They must also provide whereabouts information throughout the year and attend an educational activity organised by the Doping Authority. In 2015, 14 sports associations had athletes in the NTP. This was more than in 2014.

The number of athletes in the NTP was actually lower than in 2014: 331 athletes at the beginning of 2015 as opposed to 342 athletes at the beginning of 2014. Once again in 2015, athletes were only required to provide whereabouts information to one organisation: either the international federation or the Doping Authority. The Doping Authority was given reading access to information about Dutch athletes in the ADAMS global whereabouts system. As a result, the Doping Authority can now view whereabouts information about Dutch athletes, helping to ensure that the information available to the Doping Authority is up-to-date.

In 2015, as in previous years, the Doping Authority also drew on information from external sources such as the websites of national and international federations, Twitter and Facebook. The whereabouts website developed by the Doping Authority (and the associated Whereabouts App for smartphones) provided both general and more detailed information about athletes, teams and training locations.

### **Controls conducted - general**

The Doping Authority conducted two types of doping control for Dutch sports in 2015: controls in the context of the Dutch national programme, and doping controls on behalf and for the account of third parties, including Dutch and international federations, event organisers and foreign National Anti-Doping Organisations. The Doping Authority's responsibilities also included controls pursuant to official records, target controls when there were specific suspicions, and various types of follow-up investigations. Controls in the Netherlands included not only Dutch athletes, but also athletes from other countries, sometimes on behalf of other NADOs.

### **The national programme – underlying principles**

As in previous years, the Ministry of Health, Welfare and Sport and the NOC\*NSF made funding available in 2015 for the implementation of the national control programme on behalf of the Dutch sports associations.

The rising costs of doping controls have resulted in fewer controls being carried out in recent years. The available budget meant that a national programme of slightly more than 1,700 controls was possible in 2015. Approximately 500 of these controls were earmarked for target controls, follow-up investigations, and for doping controls pursuant to records and compliance with official limits. The Doping Authority spread the other 1,200 controls over the sports federations. A mathematical distribution model based in part on international guidelines and including information such as sport-specific physiological characteristics, and international and national doping incidence statistics, is used to decide on this allocation.

### **The national programme – implementation**

In 2015, 1,737 controls were conducted as part of the national control programme. The overwhelming majority (1,663) were urine controls. There were also 75 blood controls in 2015, for example in the context of an "Athlete Biological Passport" project established previously (see also the relevant section later in this report).

The 1,737 doping controls conducted as part of the national control programme covered 30 Olympic sports and 18 non-Olympic sports in a ratio of 89:11.

There were no doping controls in a number of non-Olympic sports that are less susceptible to doping, examples being mind sports.



*Doping controls in the National Control Programme: the top five*

- 1 Cycling
- 2 Skating
- 3 Athletics
- 4 Swimming
- 5 Rowing

The percentage of out-of-competition controls (blood and urine) in the national programme was 46.8%. Relative to 2014, the percentage of out-of-competition doping controls was virtually the same (46.5% in 2014).

Of the 1,737 doping controls (blood and urine) conducted for sports in the Netherlands, 1,001 involved men (57.7%) and 736 women (42.3%). The percentage of women undergoing controls increased slightly compared with 2014, reflecting the increase in the proportion of women performing well in Dutch elite sports.

**Doping controls for third parties**

The Royal Netherlands Lawn Tennis Federation (KNLTB), the Royal Dutch Football Association (KNVB) and the Royal Dutch Cycling Union (KNWU) have an additional doping control programme in addition to the national programme for Dutch competitions.

Various Dutch associations and sports organisations have purchased additional controls from the Doping Authority for international events in the Netherlands. On the basis of assignments from third parties, a total of 679 doping controls were conducted, 6% less than in 2014.

The majority of the additional doping controls conducted for Dutch and foreign associations and organisers were in-competition controls (96.5%). 440 men and 238 women underwent these controls.

**Doping controls - total**

The controls for the national control programme and the controls for third parties together make up the entire doping control programme conducted in 2015. A total of 2,416 doping controls were carried out.

*Table 1 General overview of doping controls conducted in 2015*

<b>Doping controls conducted by the Doping Authority</b>	Urine	Blood	Total
Doping controls conducted for Dutch sport (Dutch national programme)	1,662	75	1,737
Urine controls conducted for foreign sports organisations and other organisations	670	9	679
<b>Total conducted by the Doping Authority</b>	<b>2,332</b>	<b>84</b>	<b>2,416</b>

<b>Number of doping controls</b>	<b>2015</b>	<b>2014</b>
National programme	1,737	1,764
On behalf of third parties	679	719
Total	2,416	2,483

*Total number of doping controls: the top five*

- 1 Cycling
- 2 Skating
- 3 Athletics
- 4 Football
- 5 Swimming

The total number of 2,416 doping controls for Dutch sports and sports organisations was slightly lower than in 2014, when there were 2,483 doping controls.

*Table 2 Overview of the number of doping controls in 2015*

Sport	National Program			Conducted for third parties			Total conducted		
	Urine	Blood	Total	Urine	Blood	Total	Urine	Blood	Total
Athletics	167	12	179	46	1	47	213	13	226
Car racing	4	0	4	3	0	3	7	0	7
Badminton	8	0	8	6	0	6	14	0	14
Basketball	28	0	28	0	0	0	28	0	28
Billiards	10	0	10	0	0	0	10	0	10
Bobsleigh	4	0	4	0	0	0	4	0	4
Boxing	18	0	18	0	0	0	18	0	18
Bowling	6	0	6	0	0	0	6	0	6
Cricket	15	0	15	0	0	0	15	0	15
Curling	5	0	5	0	0	0	5	0	5
Draughts	0	0	0	10	0	10	10	0	10
Dance sport	12	0	12	0	0	0	12	0	12
Darts	8	0	8	0	0	0	8	0	8
Floorball and unihockey	5	0	5	0	0	0	5	0	5

Sport	National Program			Conducted for third parties			Total conducted		
	Urine	Blood	Total	Urine	Blood	Total	Urine	Blood	Total
Disabled sports	7	0	7	0	0	0	7	0	7
Golf	9	0	9	0	0	0	9	0	9
Gymnastics	42	0	42	0	0	0	42	0	42
Handball	11	0	11	0	0	0	11	0	11
Archery	12	0	12	3	0	3	15	0	15
Equestrian sports	17	0	17	0	0	0	17	0	17
Hockey	21	0	21	0	0	0	21	0	21
Baseball and softball	19	0	19	2	0	2	21	0	21
Ice hockey	30	0	30	12	0	12	42	0	42
Judo	52	2	54	4	0	4	56	2	58
Karate-do	9	0	9	0	0	0	9	0	9
Mounteneering and climbing	12	0	12	0	0	0	12	0	12
Korfball	17	0	17	0	0	0	17	0	17
Strength sports	60	0	60	0	0	0	60	0	60
Motorcycling	22	0	22	0	0	0	22	0	22
Underwater sport	6	0	6	0	0	0	6	0	6
Eastern martial arts	7	0	7	1	0	1	8	0	8
Life-saving	11	0	11	2	0	2	13	0	13
Rowing	124	0	124	2	0	2	126	0	126
Rugby	46	0	46	0	0	0	46	0	46
Skating	175	17	192	129	8	137	304	25	329
Fencing	6	0	6	1	0	1	7	0	7
Shooting	9	0	9	33	0	33	42	0	42
Skiing	11	0	11	4	0	4	15	0	15
Sport fishing	0	0	0	2	0	2	2	0	2
Squash	10	0	10	6	0	6	16	0	16
Taekwondo	15	0	15	1	0	1	16	0	16
Table tennis	8	0	8	0	0	0	8	0	8
Tennis	14	0	14	4	0	4	18	0	18
Triathlon	44	7	51	6	0	6	50	7	57
Football	108	0	108	98	0	98	206	0	206
Volleyball	26	0	26	54	0	54	80	0	80
Waterskiing	6	0	6	5	0	5	11	0	11

Sport	National Program			Conducted for third parties			Total conducted		
	Urine	Blood	Total	Urine	Blood	Total	Urine	Blood	Total
Water sports	16	0	16	0	0	0	16	0	16
Cycling	260	32	292	226	0	226	486	32	518
Swimming	131	5	136	9	0	9	140	5	145

Table 3 Number of in-competition and out-of-competition doping controls in 2015

Sport	In competition			Out of competition		
	Urine	Blood	Total	Urine	Blood	Total
Athletics	135	0	135	78	13	91
Car racing	7	0	7	0	0	0
Badminton	12	0	12	2	0	2
Basketball	24	0	24	4	0	4
Billiards	10	0	10	0	0	0
Bobsleigh	0	0	0	4	0	4
Boxing	11	0	11	7	0	7
Bowling	6	0	6	0	0	0
Cricket	8	0	8	7	0	7
Curling	0	0	0	5	0	5
Draughts	5	0	5	5	0	5
Dance sport	12	0	12	0	0	0
Darts	8	0	8	0	0	0
Floorball and unihockey	0	0	0	5	0	5
Disabled sports	0	0	0	7	0	7
Golf	8	0	8	1	0	1
Gymnastics	14	0	14	28		28
Handball	8	0	8	3	0	3
Archery	15	0	15	0	0	0
Equestrian sports	14	0	14	3	0	3
Hockey	16	0	16	5	0	5
Baseball and softball	12	0	12	9	0	9
Ice hockey	20	0	20	22	0	22
Judo	24	0	24	32	2	34
Karate-do	6	0	6	3	0	3
Mounteneering and climbing	12	0	12	0	0	0
Korfball	8	0	8	9	0	9
Strength sports	54	0	54	6	0	6
Motor sport	12	0	12	10	0	10
Underwater sport	6	0	6	0	0	0

Sport	In competition			Out of competition		
	Urine	Blood	Total	Urine	Blood	Total
Eastern martial arts	0	0	0	8	0	8
Life-saving	8	0	8	5	0	5
Rowing	35	0	35	91	0	91
Rugby	24	0	24	22	0	22
Skating	219	2	221	85	23	108
Fencing	7	0	7	0	0	0
Shooting	42	0	42	0	0	0
Skiing	12	0	12	3	0	3
Sport fishing	2	0	2	0	0	0
Squash	16	0	16	0	0	0
Taekwondo	14	0	14	2	0	2
Table tennis	6	0	6	2	0	2
Tennis	14	0	14	4	0	4
Triathlon	30	0	30	20	7	27
Football	130	0	130	76	0	76
Volleyball	66	0	66	14	0	14
Waterskiing	11	0	11	0	0	0
Water sports	8	0	8	8	0	8
Cycling	394	0	394	92	32	124
Swimming	72	0	72	68	5	73

### Doping controls that did not take place

Doping controls were not completed in 166 cases in 2015:

- 1) athletes/teams were absent from events and competitions and central training sessions which they were expected to attend.
- 2) a DCO went to training sessions or competitions and these training sessions or competitions had been cancelled or moved without the Doping Authority being informed accordingly in advance.
- 3) a DCO went to a stated address and the athlete was not present during the control period, or was not/no longer resident at that address (in the cases of doping controls without whereabouts information).

These included both out-of-competition and in-competition controls. When doping controls were not conducted, attempts were made as soon as possible after the failed attempt to control the athlete in question or to make arrangements for a comparable event.

In addition, in 2015, a total of 20 definitive whereabouts failures were recorded and, as this annual report went to press, another four whereabouts failures were still being processed. Whereabouts failures can be either Missed tests (when the athlete is not present at the stated location in the *one hour time slot*) or Filing failures (the failure to supply whereabouts information correctly and in good time). The number of whereabouts failures fell again in 2015 by comparison with the previous year (34 cases in 2014). There were no athletes in 2015 involved in a second or third whereabouts failure in a twelve-month period (this period used to be 18 months).

Most whereabouts failures were accounted for by members of the Cycling Union, the Athletics Union, the Rowing Association and the Swimming Association. It should be pointed out that associations with a large number of athletes in the National Testing Pool are more likely to have athletes who fail to meet whereabouts obligations. In 2015, the Cycling Union accounted for most whereabouts failures; the Athletics Union and the Swimming Association led this list in 2014.

### **Sport-specific analyses**

Alongside the introduction of the revised World Anti-Doping Code (WADC) with effect from 1 January 2015, WADA also introduced a new "Technical Document": the Technical Document for Sport Specific Analysis (TD2014SSA). The TD2014SSA includes, as a part of the International Standard for Testing and Investigations, binding provisions that apply to National Anti-Doping Organisations, including the Doping Authority.

On the basis of a risk analysis, the TD2014SSA sets out a specific distribution for all sports disciplines relating to the required number of additional laboratory analyses for erythropoietin-like substances and growth hormones. That number is stated as a percentage of the number of doping controls conducted in a sports discipline for which the specific supplementary analyses are required (in addition to the standard set of analyses).

In 2015, 34% of the urine controls and/or blood samples collected in the 1,737 controls for the national programme were also analysed for Erythropoiesis Stimulating Agents (ESAs). This percentage was lower than in 2014 (41%). The ESA analyses were conducted in different sports, with the leading sports being cycling, skating, athletics and swimming.

The urine and/or blood samples collected in 18% of 1,737 controls were analysed for the presence of human growth hormone (GH) or Growth Hormone Releasing Factors (GHRFs). The samples came from a range of sports, with the leading sports in absolute numbers being football, cycling, athletics and skating.

In addition (as in 2014), various samples were also analysed for insulin.

In 2015, some of the urine samples were stored to allow for the possibility of repeated analyses at some time in the future.

### **Unannounced doping controls**

The total percentage out-of-competition doping controls was the same as in 2014: 35% (this relatively low percentage is attributable to the large number of in-competition controls conducted for third parties).

Almost all doping controls were conducted without prior warning being given to the athlete ("no advance notice testing"). The only exceptions were doping controls triggered by a record or limit; in these cases, the initiative for the control resides with the athlete or the athlete's association.

### **Target controls**

The Doping Authority has the authority to conduct target controls. These controls are conducted in specific cases and on the basis of criteria determined beforehand. These criteria were updated in previous years and made less stringent so that target controls could be used even more widely.

Target controls took place throughout the sports spectrum, with the emphasis being placed on a few specific sports and individuals, with controls also being conducted on occasion at the level just below the very top. See below under Intelligence & Investigations.

### **Athlete Biological Passport**

After receiving a project subsidy, the Doping Authority initiated a project in 2013 for the implementation of the Athlete Biological Passport (ABP) in the doping control process. In this project, several blood samples are taken from selected athletes from a range of sports for the purposes of establishing longitudinal profiles. This approach was pursued further as part of the national programme in 2015 and the number of athletes was increased. A total of 67 blood samples were collected. The blood controls for the Athlete Biological Passport were conducted in the following sports: athletics, skating, triathlon, cycling and swimming.

### **Mobile doping control station**

During the course of 2014, demand for the mobile station continued to increase and it was decided to purchase a more spacious station where it will also be possible to take blood samples. In 2015, the mobile doping control station went into operation and it was widely used at locations where it was difficult to establish a permanent doping control station or where doping control stations did not comply with the relevant criteria. The mobile station is used for, among other things, outdoor sports such as motorcycling, cycling, water sports, equestrian sports, and triathlon.

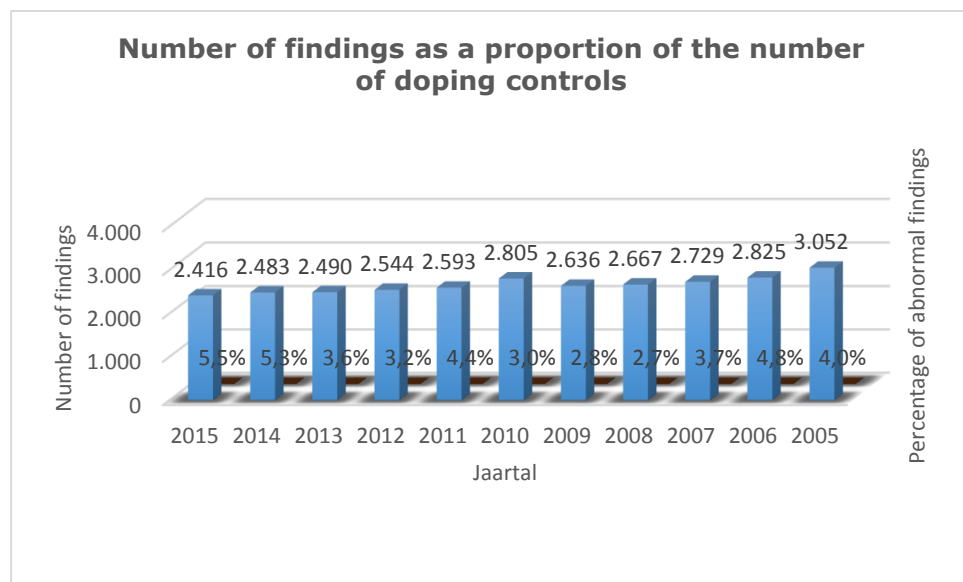


## Findings

In 2015, 133 files with adverse (analytical and non-analytical) findings were registered with the Doping Authority. In 129 cases, the adverse findings related to A urine samples; four findings were non-analytical.

The adverse findings (including the non-analytical findings) - 133 files - accounted for 5.5% of the 2,416 doping controls conducted. The percentage is 0.2% higher than the percentage for 2014 (5.3%).

If only the urine controls are taken into consideration, the percentage of adverse findings was 5.7% (2014: 5.5%).



## Files for which specific follow-up investigations were required

Of the 129 files with adverse findings for the A urine samples, 107 involved atypical findings for which specific follow-up investigations were required with the aim of determining whether there had been a possible doping infringement. This is 83% of the adverse findings for the A samples.

103 cases involved a testosterone/epitestosterone ratio exceeding 4. There was also an anomalous steroid profile in 4 cases. In virtually all these cases, the Doping Authority requested isotope ratio mass spectrometry analysis (IRMS) and/or additional doping controls in 2015. In two cases, the follow-up investigation was still in progress at the end of the year under review. The follow-up investigation established that the atypical result was not caused by exogenic factors in the other 105 cases and the Doping Authority therefore classified the results as non-adverse findings.

### Files closed on the grounds of therapeutic use exemptions

In five cases, it was found that a therapeutic use exemption had already been granted prior to the doping control for the therapeutic use of the prohibited substance found. These files were therefore closed and did not result in proceedings with the disciplinary committee of the sports association in question.

In one case, before the binding result was reported to the association by the Doping Authority, the TUE Committee granted an exemption after all for the use of the substance found (the athlete in question was not in the Doping Authority's National Testing Pool). This file was therefore closed and did not result in proceedings with the sports association in question either.

On one occasion, a substance was found that can be permitted or prohibited under the regulations depending upon the method of administration or the composition of the medicine in question; here, the administration method was permitted and the athlete in question had also reported use of the substance at the time of the doping control. The Doping Authority concluded that this result was also negative.

*Table 4 Adverse analytical results in 2015 justified by a therapeutic use exemption and/or proceedings closed by the Doping Authority for another reason; situation when the annual report was closed*

<b>Sport</b>	<b>Finding / substance</b>	<b>number</b>	<b>action taken</b>
Billiards	methylfenidaat, metabolite of methylfenidaat	1	therapeutic use exemption granted after the event (not TP), file closed
Judo	methylfenidaat	1	therapeutic use exemption present, file closed
Judo	insuline	1	therapeutic use exemption present, file closed
Tennis	hydrochloorthiazide, metaboliet van hydrochloorthiazide, amiloride	1	therapeutic use exemption present, file closed
Cycling	Prednisolon, prednison	1	use complies with permitted method of administration, file closed
Cycling	methylfenidaat, metabolite of methylfenidaat	1	therapeutic use exemption present, file closed
Swimming	methylfenidaat, metabolite of methylfenidaat	1	therapeutic use exemption present, file closed
<b>Total</b>		<b>7</b>	

### Classification according to the WADA Prohibited List

Upon classification at the group level in accordance with the 2015 WADA Prohibited List, a prohibited substance, a high T/E ratio or an atypical steroid profile was found a total of 143 times in the 129 anomalous A urine samples referred to above.

One urine sample contained six prohibited substances or metabolites of those substances, one sample contained three prohibited substances or metabolites, and seven samples contained two prohibited substances or metabolites.

In 112 of the 143 cases, there were findings in the category of anabolic substances. On thirteen occasions, these were stimulants and a cannabis metabolite was found on two occasions. The numbers in the last two categories were higher than in 2014.

The percentage in the category of anabolic substances was lower than in 2014 at approximately 7%. This fall was attributable to the lower number of urine samples with a T/E ratio exceeding 4 or with an atypical steroid profile.

*Table 5 Detected substances and initial adverse findings*

<b>Detected substances</b>	<b>2014</b>	<b>2015</b>
<b>Total</b>	<b>135</b>	<b>143</b>
Anabolic substances	121	112
<i>(T/E ratio &gt;4)</i>	<i>(112)</i>	<i>(103)</i>
<i>(Atypical steroid profile)</i>	<i>(3)</i>	<i>(4)</i>
<i>(substances found)</i>	<i>(6)</i>	<i>(5)</i>
Peptide hormones, growth factors and related substances	0	0
Beta-2 agonists	0	1
Narcotics	1	0
Hormone and metabolic modulators	2	1
Diuretics / masking substances	1	8
Stimulants	5	13
Cannabinoids	1	2
Glucocorticosteroids	4	4
Beta-blockers	0	2

### **Cases resulting in proceedings**

In 2015, the Doping Authority initiated proceedings in seventeen cases (2014:10) in ten different sports because of possible infringements of the regulations of the sports association involved. A total of seventeen different people were involved (twelve men and five women). Power lifting accounted for the highest number of cases (three).

In three cases, the result was from a doping control conducted in the Netherlands by the Doping Authority involving a foreign athlete covered by international anti-doping regulations. The Doping Authority transferred result management in two of these cases to the relevant national anti-doping organisation (NADO) of the athlete's country of origin, and in one case to the relevant international federation.

The percentage of cases in which proceedings were initiated pursuant to controls conducted on Dutch territory by the Doping Authority as part of the national programme was 1.0% (17 cases subject to national anti-doping regulations resulting from 1,737 doping controls conducted as part of the national programme). This percentage matches the target formulated for 2015 of a maximum of 1% infringements in Dutch sports.

Table 6 Adverse analytical findings and non-analytical findings in 2015; situation when the annual report was closed

Sport	Finding / substance	number	action taken	
Athletics	terbutaline	1	result management by NADO from where athlete originates	
Car racing	prednisolon, prednison, bisoprolol, hydrochloorthiazide, metabolites of hydrochloorthiazide (2x)	1	result management by NADO from where athlete originates	
Billiards	cocaine, metabolite of cocain	1		
Billiards	metoprolol	1		
Boxing	metabolite of stanozolol	1	case reported to Dutch federation	
Jiu jitsu	heptaminol	1	resultaat management by IF	*
Judo	(attempted) lack of cooperation	1	case dismissed by Doping Authority	
Kickboxing	furosemide	1		**
Powerlifting	metabolite of stanozolol	1		
Powerlifting	oxilofrine	1		
Powerlifting	(attempted) lack of cooperation	1		
Eastern martial arts	methylhexanamine	1	athlete not associated with Dutch federation	**
Rugby	metabolites of tibolon (2x)	1	result management by Doping Authority	
Rugby	metabolite of cannabis	1	case reported to Dutch federation	
Skiing	(attempted) lack of cooperation	1	case reported to Dutch federation	
Football	furosemide	1		
Football	metabolite of cannabis	1		
Cycling	nandrolon, amfetamine	1		**
Cycling	(attempted) lack of cooperation	1		**
<b>Totaal</b>		<b>19</b>		

\* Relates to a doping control in the Netherlands under international anti-doping rules with result management by the international federation

\*\* Relates to a doping control in the Netherlands with result management by foreign NADO

## Chapter 3 Intelligence & Investigations

### Introduction

Pursuant to Article 20 of the Dutch National Doping Regulations, the Doping Authority investigates possible doping violations both in the Netherlands and other countries. Intelligence & Investigations is one resource deployed for this purpose and this discipline has been organised as a separate activity at the Doping Authority since 2013. An Intelligence Officer was appointed in August 2013 to develop and implement Intelligence & Investigations. The work of the Intelligence Officer includes collating information in the context of investigations of doping violations, drafting reports, conducting interviews and taking statements, organising and processing confidential data in an automated system, and the development of procedures and protocols.

The 2015 WAD Code and the ISTI<sup>1</sup> refer explicitly to Intelligence & Investigations as a means of tackling the problem of doping. To determine the actual extent of that problem and to make informed choices about the approach and detection of doping violations, the Doping Authority has - following the lead of many investigative agencies - been working increasingly on intelligence-based lines since 2014.

### Intelligence-based approach

The terms "intelligence" and "information" are often used interchangeably. Intelligence is *the* tool that allows us to implement our enforcement and investigation duties as well as possible. Obtaining intelligence requires the completion of the information process, which consists of four steps: collection, registration, working up and analysis.

All possibly relevant observations and findings from all our employees, including doping control officials and prevention staff, must be recorded in our systems. The Doping Authority sees this as "data": raw input that needs to be worked up. Once the data has been worked up or interpreted, it becomes "information". If this information is then combined with other information and existing knowledge, and connections can also be made between the different types of information, this is considered to represent "knowledge".<sup>2</sup> If that knowledge is then used to plan and deploy doping controls, we use the term "intelligence-based doping controls". The collected information that is analysed later is also indispensable in terms of clarifying additional information requirements or as input for the other working procedures of the Doping Authority.

Much of the relevant information is collected during doping controls. All the findings of doping control officials are recorded in our systems. During 2015, the first steps were taken towards improving the coordination of the information needs of Intelligence & Investigations and the gathering of information by the doping control officials of the Doping Authority. That process is still under development. It has involved organising workshops to inform DCOs about the information needs of Intelligence & Investigations. The workshop was also used to increase awareness among DCOs about potential opportunities to acquire information.

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<sup>1</sup> International standard for testing and investigations

<sup>2</sup> From: Informatiegestuurd politiewerk-politieacademie 2010

## **Planning**

The first steps were taken in 2015 towards the intelligence-based planning of doping controls. The Control and Intelligence & Investigations processes have been merged in the Enforcement and Investigation department, allowing for structured consultations and collaboration between planning staff and the Intelligence Officer. As a result, doping controls are focusing more on athletes than on sports.

Intelligence was also used in 2015 to deploy the available control capacity more efficiently and effectively.

## **Closed cases**

In 2014, an investigation was launched into alleged doping (involving methylhexanamine) at the SV Spakenburg football club in the 2011-2012 and 2012-2013 seasons. Although the Doping Authority concluded, in this non-analytical case, that it is more than likely that the substance was actually used, the investigation failed to generate enough information to instigate disciplinary proceedings against individuals. Because the investigation demonstrated an inadequate level of awareness in the top echelons of amateur football with respect to the possibility of doping, recommendations relating to anti-doping policies for the future were formulated for the Royal Dutch Football Association.

Information was collected or obtained, and worked up, for the various disciplinary proceedings in 2015. That information was supplied to the Doping Authority's lawyer for the purposes of the case.

## **Reports**

More or less specific reports about possible doping were received by the Doping Authority in 2015 through its own lines of communication or its staff on 12 occasions. Three of these reports came from a sports association.

In some cases, the information was used for targeted doping controls. None of the information received in 2015 in these reports has so far led to a positive doping control and/or disciplinary proceedings. This does not mean that proceedings pursuant to those reports have been concluded or that the files can be closed. In conjunction with new or additional information, files may, against the background of relevant statutes of limitations, lead to disciplinary proceedings in the future.

The Doping Authority did not receive any reports from the Vertrouwenspunt Sport (the Confidential Phone Service of the NOC\*NSF) in 2015.

The Doping Authority has received several reports about the trafficking and/or production of prohibited substances. These reports were forwarded to our partners:

Source of report	Information or alert sent to	Subject	Period
Report to Doping Authority	Dutch Food and Commodities Authority	Contaminated supplements	January 2015
Report to Doping Authority	Dutch Public Health Inspectorate	Trafficking in anabolic substances	February 2015
Police with request for advice	Dutch Public Health Inspectorate (information forwarded)	Trafficking in stanozolol, winstrol and clenbuterol	March 2015
WADA	Dutch Public Health Inspectorate (information forwarded)	Trafficking in steroids by Dutch national in Netherlands	May 2015
Police with request for advice	Dutch Public Health Inspectorate (information forwarded)	Production and trafficking in fake medicines and prohibited substances	May 2015 and after
Police with advice question and for expertise	Dutch Public Health Inspectorate (report)	Tour de France and possible doping infringements	May 2015
ADD (Anti-Doping Danmark)	Dutch Public Health Inspectorate and Dutch Food and Commodities Authority	Trafficking in prohibited substances	June 2015
Report to Doping Authority	Dutch Public Health Inspectorate	Trafficking in clenbuterol	October 2015

### **Other information**

In 2015, the Doping Authority twice supplied a Dutch investigative organisation with information obtained during ongoing investigations by the Doping Authority. In one of those cases, the ongoing investigation was initiated in response to a report about doping.

The Doping Authority supplied information on one occasion in 2015 to a foreign anti-doping organisation about a possible doping infringement by a foreign athlete.

### **Collaboration agreements**

The Doping Authority entered into agreements with UKAD, UEFA and NADA Deutschland in 2015 for the purposes of international collaboration.



## **Chapter 4 Disciplinary Proceedings**

### **Introduction**

In the Netherlands, the disciplinary proceedings relating to possible doping violations are the responsibility of the sports associations. A number of sports associations have their own disciplinary and appeals committees but a large, and increasing, number of associations call in the Institute for Sports Law (ISR), which now makes decisions on behalf of approximately 80% of the associations in doping proceedings.

### **The position of the Doping Authority in disciplinary procedures**

The disciplinary and appeals committees arrive at their decisions independently of the Doping Authority. This does not mean that the Doping Authority is not closely involved in disciplinary proceedings relating to possible doping violations. Clearly, the Doping Authority's task is to ensure that disciplinary proceedings for doping cases in the Netherlands are conducted correctly in accordance with the World Anti-Doping Code and Dutch doping regulations based on that code. The Doping Regulations of the sports associations and the ISR describe and determine the various tasks incumbent upon the Doping Authority in disciplinary procedures. Those tasks involve, on the one hand, supporting and advising the disciplinary bodies in the interpretation and application of the doping regulations and, on the other, correcting decisions that do not comply with those regulations.

The auxiliary role is seen primarily in the contributions made by the Doping Authority during the disciplinary procedures: the Doping Authority is cognisant of the case, states written arguments in which all the relevant regulatory factors are discussed and explained, and also speaks at hearings it attends.

The corrective role is seen primarily in the right to appeal that the Doping Authority has in all doping cases, both with national appeals committees and with the Court of Arbitration for Sport (CAS) in Lausanne. Furthermore, the Doping Authority is competent to initiate proceedings with the disciplinary committee of an association independently without calling in the board of the association. The Doping Authority did not submit any appeals to the CAS in 2015. The CAS did rule in a case in which the Doping Authority had submitted an appeal in 2014.

During the year under review, the Doping Authority did submit written arguments in all disciplinary proceedings in the first instance, with in some cases additional arguments when required by the subsequent proceedings. The Doping Authority attended all the hearings in these proceedings. When athletes and/or associations appealed against decisions, supplementary statements of arguments were written in all cases.

### **Reporting to WADA and International Sports Federations**

The Doping Authority reports on the disciplinary proceedings in doping cases to WADA, which is also entitled to appeal against decisions in those cases. The reports take the form of sending the written decision to WADA, answering supplementary questions upon request, and producing supplementary documents and translations of relevant parts of a file.

The Doping Authority also reports upon request to international sports federations but only if the Dutch sports association in question does not do so or fails to do so in full. International federations are also entitled to make appeals in Dutch doping procedures but no

decision was given in 2015 in the case in which an international federation appealed against a decision made by a Dutch disciplinary body.

### Reporting on disciplinary decisions

With effect from 2013, the Doping Authority reports on disciplinary proceedings in doping cases in its own annual report. In that way, the Doping Authority will be reporting - as described above - on procedures in which the Doping Authority is indeed very closely involved but for which the primary responsibility resides elsewhere (in other words, with the sports associations). The decision to proceed in this way was based primarily on the dissolution of the Doping Affairs Audit Committee, a board committee of the NOC\*NSF, which published periodical reports prior to 2013 about disciplinary proceedings relating to all cases of doping in the Netherlands.

The table below lists all ten decisions made by the Dutch disciplinary and appeals bodies in doping proceedings during 2015 (inclusion in the table depends upon the date of the decision).

*Table 7 List of decisions made by the Dutch disciplinary bodies*

Sport	Finding / substance	Decision	Year of ADRV	Remarks
Atletics	Testosteron	2 years	2014	
Billiards	Cocaine	18 months	2015	
Billiards	Metoprolol	18 months	2015	Decision after appeal by the athlete
Boxing	Lack of cooperation	Not prosecuted	2015	Doping Authority declared to be not admissible
Powerlifting	Oxilofrine	2 years	2015	
Powerlifting	Nandrolon, Stanozolol	2 years	2014	
Powerlifting	Stanozolol	4 years	2015	
Powerlifting	Lack of cooperation	4 years	2015	
Football	Cannabis	2 years	2015	Appeal filed by the athlete
Football	Furosemide	2 years	2015	

Where decisions were made in the same case in 2015 in both the first instance and in appeal, the report includes only the appeal decision. If a decision was made pursuant to an appeal, this is stated in the final column together with an indication of which party or parties submitted the appeal. If a doping violation was transferred by an organisation from another country to the Netherlands for disciplinary proceedings, this is also stated.

Finally, this chapter concludes with a table listing four decisions by foreign disciplinary bodies involving athletes with the Dutch nationality.

*Table 8 List of decisions made by foreign disciplinary bodies*

<b>Sport</b>	<b>Finding / substance</b>	<b>Decision</b>	<b>Year of ADRV</b>	<b>Remarks</b>
Cricket	Amfetamine, Cocaine	1 year	2013	CAS Award; appeal Doping Authority declared to be not admissible
Kickboxing	Furosemide	2 years	2015	Disciplinaire Commissie NADO Flanders
Cycling	Lack of cooperation	4 years	2015	Disciplinaire Commissie NADO Flanders
Cycling	Amfetamine, Norandrosteron	4 years	2015	Disciplinaire Commissie NADO Flanders

## **Chapter 5 International Affairs**

### **WADA**

#### **General**

Over the course of 2015, there were many, wide-ranging, contacts with WADA. There were almost daily consultations about the correct management of Dutch doping infringements, which is monitored by WADA. Collaboration with WADA is close and structural.

#### **Prohibited list**

As in other years, a response to the draft prohibited list was sent to WADA in the summer. The Doping Authority coordinates the Dutch response on behalf of the NOC\*NSF, the NOC\*NSF Athletes Committee and the Ministry of Sport. Once again, it was pointed out that the prohibited list must have a sound practical and scientific basis. Responses to the various "technical documents" were also written during the course of the year.

#### **WADA – ADO Symposium**

The Doping Authority attended the annual WADA - ADO Symposium in Lausanne. This Symposium was organised in the context of the implementation of the revised World Anti-Doping Code, which came into force on 1 January 2015, but a wide range of other topics were also covered. The ADO Symposium has evolved into the annual event at which most of the world's anti-doping organisations meet to discuss and promote developments in the field.

#### **Sociological research**

As part of WADA's "Sociological Research Program", a research proposal with supervision from the University of Potsdam has been submitted in collaboration with four other NADOs and approved. The study will look at possible performance indicators for NADOs and will continue until early 2015 (pursuant to a number of administrative differences of opinion between the German researchers and WADA, the project was suspended for a short time). On behalf of all the NADOs concerned, the Doping Authority will have an advisory and coordinating role.

#### **International collaboration on Intelligence & Investigations**

The international Intelligence & Investigations Working Group continued its work in 2015. The group, which consists of Intelligence Officers and/or Intelligence Analysts, was established at the initiative of WADA in 2014.

WADA organised meetings in April and October at which the members of the Working Group informed each other about new developments and initiatives relating to Intelligence & Investigations processes. Some members discussed cases and agreements were made about the collection and exchange of information relating to doping investigations and international cooperation in doping investigations. Because not all anti-doping organisations are structured on the same lines and/or have the same statutory competencies,

the group's work includes a very strong emphasis on how the information is used and the legal implications of sharing and using information.

A smaller group was established on the basis of that group. It consists of Intelligence Officers who work at organisations that have already established procedures for Intelligence & Investigations: the Doping Authority, NADA, AEPSAD, ADN, USADA, UKAD, CADF and WADA. A meeting lasting two days was organised in October 2015 for the members of this group, most of whom have a background in investigation. Some of those present organised a workshop about experiences with the process of Intelligence & Investigations. The Intelligence Officer of the Doping Authority ran a workshop about how DCOs – the eyes and ears in the field – can be involved more in Intelligence & Investigations and generate more information. In addition, the meeting also included intervision and, at the request of WADA, input was provided with respect to a number of proposals set out by WADA relating to working practices in Intelligence & Investigations and training for Intelligence Officers.

## **COUNCIL OF EUROPE**

### **CAHAMA and Monitoring Group**

Once again in 2015, the Doping Authority was very active on the international stage. There are two objectives: to acquire up-to-date knowledge and to play a role in guiding international anti-doping policies. We attended three meetings of the CAHAMA (Ad hoc European Committee for the World Anti-Doping Agency). The CAHAMA mission is:

1. To examine the issues concerning relations between the Council of Europe, its Member States and the World Anti-Doping Agency (WADA), and to decide on a common position, when possible, on these issues;
2. To draw up, if necessary, opinions for the Committee of Ministers of the Council of Europe on these issues, including the budgetary elements;
3. To periodically revise the mandate of members of the WADA Foundation Board appointed by the Council of Europe.

The work of CAHAMA in 2015 focused in particular on establishing a European position on the WADA budget, on WADA's priorities, and on the findings of WADA's Independent Commission.

In addition, the Doping Authority attended two meetings of the Monitoring Group. This group monitors the implementation of the Anti-Doping Convention of the Council of Europe.

### **Advisory Groups**

In the context of the "Expert Group on Education" of the Council of Europe, the Doping Authority attended the meetings on 16-17 February (London) and 27 July (Vilnius).

### **Seminar**

At the invitation of the Council of Europe, the Doping Authority gave a presentation on 22 September about "Education: experiences from the Netherlands" during a national education and prevention seminar in Podgorica (Montenegro).

## **EUROPEAN UNION**

### **Expert Group on Anti-doping**

This Expert Group answers to the Council of Ministers of the European Union and it works on doping-related matters that affect community law. The subjects discussed included the revision of the present WADA Code, as well as the Regulation relating to data protection proposed by the European Commission.

## **iNADO**

### **Institute for National Anti-Doping Organisations - iNADO**

Immediately after the iNADO was established, the Doping Authority joined this umbrella organisation. In 2015, iNADO continued to develop its role as the knowledge institute and the representative of the National Anti-Doping Organisations affiliated with it. The Doping Authority made a range of contributions to the work done by iNADO, and attended the iNADO meeting in Lausanne before the WADA – ADO Symposium.

## **IADA**

### **International Anti-Doping Arrangement - IADA**

The Doping Authority was present at the annual meeting of this group of eleven countries. The present Arrangement will be in place from 2015 to 2018.

## **Chapter 6 Legal Affairs**

### **New doping regulations**

2015 was the year in which the revised version of the World Anti-Doping Code was first applied. The amendments to the Code have been implemented in the Dutch National Doping Regulations (NDR). A central issue in the new doping rules is the inclusion of intent as a criterion for the determination of a penalty. Depending on whether there is intent on the part of the athlete, the standard penalty can vary from two to four years. If the infringement is considered to be deliberate, the suspension will be for a period of four years and the possibilities for a reduction of the penalty during that time are very limited. If there is no intent or intent cannot be proven, the penalty may, depending on the detected substance or situation, be much less than two years.

This system, in which the penalty imposed pursuant to a positive result is primarily determined by the question of whether there is intent, is very different from the previous Code. If there is intent, the defence cannot invoke the absence of significant fault or negligence.

Another important change in the NDR is that an athlete can qualify for a reduction of the penalty if he or she can prove that certain substances have been used out of competition or in a context that is not related to sporting performance.

The amendments to the Code listed here have, together with numerous other amendments, been included in the NDR. This required a drastic change in the approach by disciplinary committees to cases involving doping. In a range of proceedings, the disciplinary committees granted the athletes concerned more time to submit their defences in order to be able to make a full assessment of whether there was any question of intent in the particular case or to clarify the context in which use had taken place.

In the end, all decisions in doping proceedings where there was a positive result complied with the NDR and the Code.

### **Contributions to doping proceedings**

The NDR requires the Doping Authority to be closely involved in disciplinary proceedings relating to doping. In addition to attending disciplinary hearings and speaking at hearings in doping proceedings, the main activities of the Doping Authority in the context of disciplinary proceedings consist of submitting arguments. The competence of the Doping Authority with respect to stating arguments of this kind is rooted in the doping regulations adopted by all the elite sports associations, as well as the ISR.

The purpose is to give the Doping Authority the opportunity to discuss and explain the file and the relevant provisions of the NDR, and to discuss the evidence, the defence, and the relevant International Standards. In other words, by stating arguments, the Doping Authority can provide disciplinary committees with a picture of the legal context, discuss crucial provisions from the doping regulations and/or International Standards, and respond to the defence of the athlete or other persons.

The Doping Authority submitted written arguments in all doping proceedings initiated with disciplinary colleges in 2015.

### **CIRC**

The Doping Authority worked intensively with the Cycling Independent Reform Commission (CIRC) in late 2014 and early 2015. The (CIRC) is a commission established by the international cycling union UCI to investigate doping issues in cycling and the role played by the UCI in that respect.

## Chapter 7 Scientific research

The scientific activities of the Doping Authority consist of the following:

- an ongoing review of the scientific literature to identify documents relevant to doping;
- conducting and initiating research that serves the purposes of the national and international anti-doping policy; and
- the dissemination of scientific doping expertise both inside and outside the organisation.

Traditionally, the scientific activities are considered to include the “nutritional supplements and doping” project.

### Monitoring scientific literature

To ensure it is informed about the latest developments, the Doping Authority keeps a close eye on new publications of doping-related scientific literature and saves copies of the relevant articles in its archives. Just over 100 relevant articles were added to these archives in 2015. All the articles are available in digital format and the most important are posted on the website [www.doping.nl](http://www.doping.nl).

The information from the available literature is being actively distributed and serves as a basis for internal advice for the Enforcement & Investigation and Prevention departments, the legal officer (in the context of specific doping cases) and the CEO (for, among other things, his contacts with the press). This information is also used to answer specific scientific questions from people outside the organisation such as doctors, lawyers, journalists, students and other interested parties.

### Research

#### *Efficacy of anti-doping policy*

December 2010 saw the start of a doctorate project entitled "The efficacy of anti-doping policy". The research focuses on a multidisciplinary approach to this wide-ranging field, looking in particular at the areas of prevention, investigation and sanctions, and how these have been brought together in the current anti-doping approach at the international level and in the Netherlands. The doctorate supervisor is Professor Maarten van Bottenburg, the professor of sports development at Utrecht University. The main article for this thesis, about the actual determination of the prevalence of doping among elite athletes, was published in 2015 in the journal *Sports Medicine*. It generated considerable interest and was even discussed in letters published in the leading journal "Nature". The doctorate itself is expected to be completed in 2016.

#### *Steroids polyclinic*

Endocrinologist Pim de Ronde has set up a polyclinic in the Spaarne hospital in Haarlem (the former Kennemer Gasthuis) targeting people with health problems caused by anabolic steroids. The Doping Authority has an advisory role. Work began in 2015 on the fulfilment of a long-held ambition: a longitudinal study in which 100 users of (among other things) anabolic steroids will be studied during and after their course of steroids. The study, which is known as the HAARLEM study (health risks of anabolic androgen steroid use by male amateur athletes), is primarily funded by private sources from the Spaarne hospital and it is expected to last one year.



### *Elite sports survey*

The Doping Authority has conducted a periodical survey of the opinions of Dutch elite athletes about the doping policy since 1993. There was a new survey in 2015 using a subsidy from the Ministry of Health, Welfare and Sport. The traditional policy review was extended on this occasion to include some questions that made it possible to estimate the prevalence of doping using the "Randomised Response" technique that provides additional anonymity and is therefore expected to produce very reliable results. The result was an estimate that 4.2% of Dutch elite athletes deliberately engage in doping. There was considerable media interest in this result, which was discussed separately at the National Doping Summit in April during a dedicated session for the performance managers of NOC\*NSF and at the annual press conference. The study was conducted in collaboration with TNS NIPO and Utrecht University (Department of Social Sciences).

### *Two supplement studies*

Additional funding from the Ministry of Health, Welfare and Sport was used to conduct two studies looking at the doping risks of supplements. The first focused on the NZVT, which has now been in place for more than twelve years (see elsewhere in this annual report). An evaluation was made of the availability of the supplements tested for doping and on the analytical background. It led to an internal report and some specific recommendations for strengthening the NZVT looking to the future.

A second study looked at the more high-risk aspects of the supplements market. A selection was made of 66 high-risk supplements (for hormone regulation, muscle strengthening, weight loss/fat burning, or increasing energy), which were then analysed. The products were purchased through Dutch web shops and 25 (38%) tested positive for prohibited substances, even though these substances were not listed on the label. This represents a genuine doping risk for athletes, emphasising once again that athletes who qualify for doping controls should be extremely cautious about using supplements. The concentrations found in three products were so high that the Dutch Food and Commodities Authority immediately withdrew them from the market. The findings of this study will be used in our information activities for both elite athletes and fitness athletes.

### *Miscellaneous*

There is a working party for exchanging experiences with seven other scientific members of staff working for the national anti-doping organisations of Switzerland, Norway, Denmark, Great Britain, Germany, the United States, and New Zealand. There are periodical telephone meetings about ongoing studies and specific scientific doping issues. There were five meetings in 2014. The chair revolves at each meeting.

The Doping Authority has been approached to act as an adviser to the sub2hrs project. This is a scientific project in which marathon runners will receive support in their efforts to run a world record of less than two hours (see [www.sub2hrs.com](http://www.sub2hrs.com)). The driving force behind this project is the Greek/British researcher Yannis Pitsiladis. He has presented an overall structure for the doping control programme for the participating athletes based on the recommendations of the Doping Authority at medical-scientific congresses in Antwerp (Belgium) and Doha (Qatar).

Together with representatives of the VSG, NOC\*NSF and the KNWU, the Doping Authority participated on the Supervisory Committee to draw up new guidelines for doctors with regard to sports medicine, including doping-related issues. The completely revised guidelines were approved in November by the members of the VSG.

We participated in discussions about fake medical products at two meetings arranged by the Medicines and Medical Technology directorate of the Ministry of Health, Welfare and Sport. In a number of separate meetings, we also provided input for the discussion about the possibility of establishing a reporting centre for health problems caused by the use of fake medicines. Doping products are always prominent in this category and a reporting centre of this kind would be one way of implementing the recommendations of the Health Council's report on doping from 2010.

Different groups attending the meetings discussed the possible ways of collecting background information about doping users in existing questionnaires. During the course of 2015, the doping-related questions were adopted that will be included from 2017 onwards in a more in-depth module of the "lifestyle monitor", a nationwide survey. The importance of this development also emerged at the meetings organised by the RIVM and the Social and Cultural Planning Office (SCP) about the Future Reconnaissance Studies for Sports. The Ministry of Health, Welfare and Sport, NOC\*NSF, Statistics Netherlands and the Trimbos Institute are also playing an important role here.

We acted as reviewers on several occasions for doping-related articles submitted to peer-reviewed scientific journals: twice for the British Journal of Sports Medicine, twice for Drug Testing and Analysis, twice for Substance Abuse Treatment Prevention and Policy, twice for the Journal of Sports Sciences and once for the Journal of Sports Medicine & Doping Studies.

We also supervised and made assessments of several students who looked in depth at doping topics as part of their studies. The emphasis was on health-related and forensic training.

### **International congresses**

The Doping Authority visited five scientific conferences: Exercise Metabolism (July, in Amsterdam), Evaluating the unintended effects of anti-doping (August, in Aarhus, Denmark), the Athlete Biological Passport (ABP) Seminar (September, Copenhagen), the 14th USADA Symposium on Anti-Doping Science -Designing an Effective Deterrence Program (October, in Leesburg, America) and the Annual Scientific Sports Medicine Congress of the Association for Sports Medicine (November, Eindhoven). This combination of conferences demonstrates the diversity of the scientific work of the Doping Authority.

### **Dietary supplements**

A total of 198 certificates were issued in 2015 (350 product-batch combinations). This is the highest number ever, a sign that the Dutch Dietary Supplements system (NZVT) is still catering to a significant need of athletes and their support staff. At the same time, two batches were rejected this year because prohibited substances were found, a strong signal that the NZVT is still needed. The system was established in 2003 and, as evidenced by the numbers of positive doping controls that can still be blamed on "contaminated" dietary supplements, a testing system of this kind continues to be necessary. In total, on 31 December 2015, there were 645 product-batch combinations on the NZVT website ([antidoping.nl/nzvt](http://antidoping.nl/nzvt)) representing 230 products, 37 brands and 17 substantive categories.

The Doping Authority also acts as an adviser to a comparable initiative from the British company HFL (see [www.informed-sport.com](http://www.informed-sport.com)). Both systems have acknowledged one another as "athlete-friendly" testing systems that give the maximum possible assurance that nutritional supplements are doping-free.

## Chapter 8 Knowledge Management

What was formerly referred to as a "project" has become a standard part of our work: the inclusion of relevant documents in the Anti-Doping Knowledge Center (ADKC), which can be consulted by the public on the website [www.doping.nl](http://www.doping.nl). A partnership was established with iNADO in 2015 to safeguard continuity: a two-year agreement has been entered into that will continue until late 2016.

This database will be a source of information for national and international experts in the field of doping. This kind of information is present in a fragmented way on various websites and in different archives, and it is therefore useful to bring the available information together in a single database. It has been decided to do this using a website: [www.doping.nl](http://www.doping.nl). The website will be in English.

It will address a large number of different target groups who all share a basic understanding of, and interest in, up-to-date doping-related information. They include:

- NADOs and IFs;
- other international organisations active in the field of doping (IOC, WADA, Unesco, Council of Europe, European Union);
- professionals/semi-professionals;
- journalists, lawyers, scientists, researchers, directors, athletes;
- groups associated with athletes: coaches, doctors, physiotherapists.

Two specific areas have been given priority for the time being:

- 1) legal (including decisions from the CAS, international disciplinary bodies, national disciplinary bodies, legislation and so on);
- 2) scientific information (this could include, for example, the full text of copyright-free literature and literature references to scientific literature subject to copyright).

Thanks to a financial contribution from iNADO, it was possible to continue the employment of a documentalist whose main task is to collect, input, and provide access to data. The umbrella organisation recognises the importance of the database, and is also actively encouraging its members to provide information for the ADKC. The legal information has the potential to enhance the uniformity of legal decisions. There are more than 3,500 documents that can be consulted and searched through the website. Refining searches using parameters and filters makes it possible to search specifically for the required documents.

## **Chapter 9 People & organisation**

### **Board of Management**

The Doping Authority has a board with three members: a chair, a secretary and a treasurer. The secretary is nominated by the NOC\*NSF, and the treasurer is nominated by the Ministry of Health, Welfare and Sport. Dolf Segaar, who had reached the end of the maximum period of office of 3 x 3 years, was succeeded as chair in the spring by Harro Knijff. For an overview of the board members at the end of the year under review the reader is referred to Annex 2.

The board delegates the responsibility for day-to-day matters, and for policy preparation and implementation, to the CEO. In other words, the board provides "overall" direction.

### **Advisory Board**

Under its articles of association, the Doping Authority has an Advisory Board. At year-end 2015, the Advisory Board comprised seven members (meaning that the board is up to strength), who all represent specific interest groups or a specific area of expertise. The Athletes Committee has also decided to appoint a regular deputy who can, when required, take over from the regular Advisory Board member on behalf of the Athletes Committee. The task of the Advisory Board is to advise the board, either on request or at its own initiative. It meets a few times a year. A list of the members of the Advisory Board can be found in Annex 2.

### **Office staff**

During the year under review, the Doping Authority had three departments (Prevention, Enforcement & Investigation and Support), and a legal officer. The three department heads and the legal officer constitute, together with the CEO, the Management Team. One extra person (a documentalist) has been added to the staff temporarily for the implementation of projects financed separately.

At year-end 2015, the office organisation comprised 18 people and 14.2 FTEs. For an overview, the reader is referred to Annex 3.

### **Doping Control Officials (DCOs)**

In addition to the permanent staff, there were 16 part-time Doping Control Officials at the end of 2015 (nine men and seven women, see Annex 4), who were appointed under "minimum hours" contracts.

### **Housing**

In the spring of 2015, the Doping Authority moved to a new office location in Capelle aan den IJssel. The new offices are a better shop window for the organisation and the layout of the premises is more in keeping with the work of the Doping Authority than the offices where the Doping Authority has been located for the last ten years. The offices are now grouped around a central area, furthering the interaction between the different individuals and departments. Furthermore, there is also room for possible expansion in the future.



### **Quality**

Anti-doping policy places considerable importance on delivering quality. Many doping organisations therefore work with quality systems. This is particularly relevant for the implementation of doping controls: the National Doping Regulations require ISO certification as a precondition for conducting controls. However, other tasks such as the granting of therapeutic use exemptions and prevention activities should, in our view, also meet ISO standards. The Doping Authority and its predecessors in law received ISO certification back in 1998. In September 2013, our organisation acquired a new ISO 9001:2008 Certificate, which is valid for three years. In 2015, DEKRA conducted an audit which identified no anomalies whatsoever.

A Complaints Procedure was adopted and published on the website in May 2011. One complaint was dealt with under this procedure in 2015 (this was, incidentally, the first complaints procedure ever to be conducted).

**TUE Committee and TUE Appeals Committee**

One of the provisions in the doping regulations relates to the procedure for the use of prohibited medication. The Doping Authority has established, for the Dutch sports associations, a committee known as the Therapeutic Use Exemption Committee (TUE committee), which consists of independent doctors.

A TUE Appeals Committee was established in 2015. An interested party who objects to a decision by the TUE committee can appeal to the TUE Appeals Committee. The TUE Appeals Committee consists of three doctors.

See Annex 2 for the members of the two committees.

## Annex 1

### Balance sheet as at 31 December 2015

<b>Assets</b>	<b>2015</b>	<b>2014</b>
<i>Fixed assets</i>		
Tangible fixed assets	€ 116.949	€ 130.993
<i>Current assets</i>		
Accounts receivable	€ 198.332	€ 253.043
Cash at bank and in hand	€ 844.945	€1.234.374
	€ 1.043.277	€ 1.487.417
<b>Total assets</b>	<b>€ 1.160.226</b>	<b>€ 1.618.410</b>
<b>Liabilities</b>		
<i>Foundation capital</i>		
Other reserves	€ 251.947	€ 307.302
Equalisation reserve, Ministry of Health, Welfare and Sport	€ 0	€ 0
Earmarked funds for contingent controls	€ 302.792	€ 305.302
Special-purpose reserve	€ 31.621	€ 70.000
	€ 586.360	€ 682.604
<i>Long-term debt</i>		
<i>Short-term debt</i>		
Amounts owed to suppliers	€ 286.814	€ 614.110
Taxation and social security premiums	€ 65.479	€ 66.451
Other creditors, accruals and deferred income	€ 221.573	€ 255.245
	€ 573.866	€ 935.806
<b>Total liabilities</b>	<b>€ 1.160.226</b>	<b>€ 1.618.410</b>



## Income statement for 2015

	<b>2015</b>	<b>2014</b>
<b>Income</b>	€ 2.843.874	€ 3.167.513
Expenses related directly to doping controls	€ 1.063.211	€ 1.074.431
Project expenses	€ 1.882.979	€ 2.076.431
	<b>€ 2.946.190-</b>	<b>€3.150.855-</b>
Salaries and wages	€ 956.717	€ 785.144
Social security	€ 125.129	€ 103.827
Pensions	€ 79.976	€ 70.896
Depreciation of tangible fixed assets	€ 39.272	€ 13.751
Other staff costs	€ 37.055	€ 33.687
Accommodation costs	€ 94.513	€ 110.125
Office expenses	€ 127.580	€ 135.922
Car expenses	€ 14.833	€ 14.766
Sales expenses	€ 3.055	€ 2.401
General expenses	€ 46.981	€ 94.921
Staff expenses and overheads passed on to activities/projects	<b>€1.525.111-</b>	<b>€1.358.690-</b>
<b>Total operating expenses</b>	<b>€ -</b>	<b>€ 6.750</b>
<b>Balance of income and charges</b>	<b>€ 102.316-</b>	<b>€ 9.908</b>
Interest receivable and similar income	€ 6.611	€ 8.983
Interest payable and similar charges	€ 539	€ 433
<b>Financial income and expenditure</b>	<b>€ 6.072</b>	<b>€ 8.550</b>
<b>Result</b>	<b>€ 96.244-</b>	<b>€ 18.458</b>

## **Annex 2**

### **Members of the Board of management, Advisory Board, TUE Committee and TUE Appeals Committee (as at 31/12/2015)**

#### **Board of Management**

Harro Knijff, chair

Marc Benninga, secretary (NOC\*NSF nomination)

Paul Depla, treasurer (Ministry of Health, Welfare and Sport nomination)

#### **Advisory Board**

Bert Bouwer (on behalf of Dutch coaches, until 23 November 2015)

Henk-Jan Geelen (on behalf of Dutch coaches, from 23 November 2015)

Arnold Brons (VSG)

Hinkelien Schreuder (NOC\*NSF Athletes Committee)

Francien Huurman (on behalf of Dutch athletes)

Annemieke Horikx (KNMP)

Saskia Sterk (Rikilt)

Manuela de Jong (KNMG)

#### **Therapeutic Use Exemption Committee (TUE committee)**

Marjon van Eijdsden-Besseling

Edwin Goedhart

Leo Heere (chair)

Ed Hendriks (chair)

Jan Hoogsteen

Hans Keizer

Harry Koene

Hans Jurgen Mager

Huib Plemper

Hans Vorsteveld

#### **Therapeutic Use Exemption Appeals Committee (TUE Appeals Committee)**

Babette Pluim (chair)

Marieke Becker

Françoise Broekhof



## **Annex 3**

### **Office staff (as at 31-12-2015)**

#### **Management**

Herman Ram	chief executive officer
Steven Teitler	legal officer

#### **Enforcement & Investigation department**

Koen Terlouw	head of department
Jeroen Brakels	account manager/deputy head of department
Tineke Idema	intelligence officer
Fienie Verhagen	senior officer for doping controls
Angela Mols	whereabouts officer / doping controls officer
Yvonne Kwakernaak	doping controls officer
Anuschka Rambhadjan	doping controls officer

#### **Prevention department**

Bart Coumans	head of department
Erik Duiven	elite sport educator
Laila Spruijt	junior elite sport educator
Hans Wassink	grassroots sports educator

#### **Support department**

Olivier de Hon	head of department / scientific policy officer
Frans Stoele	information policy officer / documentation & TUE secretary
Astrid van der Goot	secretary
Gerdi van Driel	administration officer
René Weerts	documentalist

## **Annex 4**

### **List of Doping control officials (active as at 31-12-2015)**

Margriet van Brummelen

Ellen van de Bunt

Dick Doornik

Sally Fischer

Karin Lindhout

Gonnie Monsieurs

Victor Niemeijer

Geeta Ramdajal

Hans Scholtz

Cees Smid

Jaap Stomphorst

Fienie Verhagen

Ton Verhagen

Alex Vermeulen

Gerrit Vooren

Ton Zasada

## Annex 5

### Overview of scientific publications and presentations

#### *Articles*

Ram H., The impact of the revised World Anti-Doping Code on the work of National Anti-Doping Agencies. Blog Symposium T.M.C. Asser Institute. <http://www.asser.nl/SportsLaw/Blog/post/blog-symposium-the-impact-of-the-revised-world-anti-doping-code-on-the-work-of-national-anti-doping-agencies-by-herman-ram#continue>

Bettonviel A. & de Hon O., De dopingrisico's van voedingssupplementen. Sportgericht 1 (69): 16-19, 2015.

de Hon O., Kuipers H., van Bottenburg M., Prevalence of doping use in elite sports - a review of numbers and methods. Sports Med. 45(1), 57-69, 2015.

#### *Contributions to books*

Duiven E. & de Hon O., De Nederlandse topsporter en het anti-dopingbeleid 2014-2015. Doping Authority, Capelle aan de IJssel, 2015.

Duiven E., de Hon O., Spruijt L., Coumans B., Bovengrens dopingrisico sportvoedingssupplementen. Onderzoek naar de aanwezigheid van dopingstoffen in hoog-risico-sportvoedingssupplementen verkrijgbaar in Nederlandse webshops. Doping Authority, Capelle aan de IJssel, 2015.

#### *Oral presentations (external)*

- Ram H., Handhaving dopingregels: hoe houdt de Dopingautoriteit toezicht op de sport(ers)? ACM Café, Autoriteit Consument & Markt, The Hague, 29 January 2015
- Ram H., EDGA and anti-doping measures. EDGA Board Meeting, European Disabled Golf Association, Wassenaar, 6 February 2015
- Duiven E., 'Doping'. Keuzevak Chemie & Criminaliteit. Rotterdam Hogeschool, 10 February 2015
- Coumans B., 'Including ethical decision making into prevention interventions'. Advisory Group on Education, Council of Europe, London, 16 February 2015.
- Ram H., Antidopingbeleid voor (sport)artsen. Nederlands Instituut Opleiding Sportartsen NIOS, Bilthoven, 6 March 2015
- Ram H., The CIRC Report. iNADO Workshop, Institute of National Anti-Doping Organizations, Lausanne, 23 March 2015

- Ram H., Het recht van de World Anti-Doping Code en het recht eromheen. Johan Cruijff University JCU, Amsterdam, 25 March 2015
- Ram H., Waar staan we nu?. Een dopingvrije sportcultuur in Nederland: National Doping Conference 2015, Papendal, 23 April 2015
- Ram H., The 'Anti-Doping Polder Model'. LanCon, Amsterdam, 11 May 2015
- Ram H., The 'Anti-Doping Polder Model'. LanCon, Hoofddorp, 16 May 2015
- Ram H., Doping & Voeding. Dutch Food and Commodities Authority NVA, Papendal, 27 May 2015
- Ram H., Antidopingbeleid en Privacy. JSVU Symposium, Juridische Studenten Vereniging Utrecht, Utrecht, 1 June 2015
- Ram H., Begeleidend Personeel. Bijscholing tuchtrechters, Papendal, 3 June 2015
- Duiven E., 'NZVT'. NPN Young Food Supplement Professionals, Papendal, 4 June 2015.
- Ram H., Doping: een korte kennismaking. Lotto / Staatsloterij, Scheveningen, 11 August 2015
- Ram H., No intention to cheat: coping with unintentional Anti-Doping Rule Violations. INHDR Conference 2015, International Network for Humanistic Doping Research, Aarhus, 27 August 2015
- Duiven E., 'Doping controls'. Koers Schoon Experience Day, Papendal, 12 September 2015.
- Duiven E. & Coumans B., 'Weet wat je slikt quiz'. Koers Schoon Experience Day, Papendal, 12 September 2015.
- Coumans B., 'Education - Experiences from the Netherlands'. Expert Group, Council of Europe, Podgorica, 22 September 2015.
- Coumans B., 'Ethical decision making in prevention'. iNADO Webinar, 28 September 2015.
- Ram H., De Nederlandse topsporter en het antidopingbeleid. NOC\*NSF Focus Group, NOC\*NSF, Papendal, 2 October 2015
- Coumans B., 'Sport is te mooi voor doping'. Movement Sciences (1<sup>st</sup> year students), VU-University Amsterdam, 5 October 2015.
- Ram H., Unity in diversity: challenges in governing a worldwide anti-doping fight. MESGO, Mainz, 7 October 2015
- Stoele F. 'The Anti-Doping Knowledge Center'. iNADO Webinar, 19 October 2015
- Ram H., Samen tegen doping 2015: ontwikkelingen in het antidopingbeleid. Bondenbijeenkomst, Nieuwegein, 22 October 2015
- Ram H., Stuck in the mud or moving fast forward?: the state of global anti-doping. Play the Game Conference 2015, Play the Game, Aarhus, 26 October 2015

*Discussion meetings and forums (external)*

- Ram H., AD Cycling Debate. Vianen, 16 January 2015
- de Hon O., & Duiven E., Algemeen Dagblad Doping Debate, 16 February 2015.
- Ram H., Utrecht College Tour, Utrecht, 16 June 2015
- Ram H., Play the Game, Aarhus, 26 October 2015

## **Annex 6**

### **Secondary positions**

#### **Bart Coumans**

- Member of the WADA Education Committee
- Member of the Advisory Group on Education (T-DO ED) of the Council of Europe
- Chair of the 'Performance' theme and Steering Committee member of the Sport Research Programme ([www.sportonderzoek.com](http://www.sportonderzoek.com))
- Member of the National Judo Training Committee, Dutch Judo Federation

#### **Herman Ram**

- Chair of the Financial Committee, Sport & Law Association, Utrecht (through 12 November 2015)
- Chair of the Objections and Appeals Committee, Executive MBA Sportmanagement Wagner Group, Groningen
- Chair of the Stichting Holland Skipool, The Hague
- Chair of the Fee Appeal Committee, Institute of National Anti-Doping Organisations iNADO, Bonn
- Member of the NADO Ad Hoc Working Group, World Anti-Doping Agency, Montreal
- Member of the Compliance Questionnaire Pilot Group, World Anti-Doping Agency, Montreal
- Member of the Sport & Integrity Steering Group, NOC\*NSF, Arnhem
- Member of the Doping Focus Group, NOC\*NSF, Arnhem
- Member of the Ad Hoc Expert Group on Independent Doping Panels (T-DO IHP), Council of Europe, Strasbourg
- Member of the T-DO Evaluation Committee, Council of Europe, Strasbourg

#### **Steven Teitler**

- Member of the Medical & Anti-Doping Commission, European Athletics, Lausanne



## **Annex 7**

### **Abbreviations**

ADAMS	Anti-Doping Administration and Management System
ANP	Algemeen Nederlands Persbureau
CAS	Court of Arbitration for Sport
CBS	Statistics Netherlands
CIOS	Centraal Instituut Opleiding Sportleiders
CTO	Centre for Elite Sports and Education
DCO	Doping control official
EC	European Championships
EPO	Erythropoietin
EYOF	Europe Youth Olympic Festival
TUE	Therapeutic Use Exemption
IADA	International Anti-Doping Arrangement
IF	International Federation
INADO	Institute for National Anti-Doping Organizations
IRMS	Isotope Ratio Mass Spectrometry
ISO	International Organization for Standardization

ISR	Institute for Sports Law
ISTI	International Standard for Testing & Investigations
IT	International Talent
KNBB	Royal Dutch Billiards Federation
KNLTB	Royal Netherlands Lawn Tennis Association
KNMG	Royal Netherlands Medical Society
KNMP	Royal Netherlands Pharmaceutical Society
KNVB	Royal Dutch Football Association
KNWU	Royal Dutch Cycling Union
NADO	National Anti-Doping Organisation
NDR	Dutch National Doping Regulations
NGS	Dutch Association for Sports Massage
NK	Dutch Championships
NOC*NSF	National Olympic Committee*Dutch Sports Confederation
NPN	Natuur- en gezondheidsProducten Nederland
NT	National Talent
NTP	National Testing Pool
NVWA	Dutch Food and Commodities Authority

NZVT	Dutch Safeguards System for Dietary Supplements in Elite Sport
RIVM	National Institute of Public Health and Environmental Protection
ROC	Regional Training Centre
SCP	Social and Cultural Planning Office
SMI	Sports Medicine Institution
T/E	Testosterone/Epitestosterone
TUE	Therapeutic Use Exemption
USADA	United States Anti-Doping Agency
VSG	Association for Sports Medicine
VWS	Ministry of Health, Welfare and Sport
WADA	World Anti-Doping Agency
WADC	World Anti-Doping Code
WK	World Championships
WUAB	Anti-Doping Policy Implementation Bill
ZBO	Independent governing body